

QUARTERLY

A woman with blonde hair is looking into a large, ornate oval mirror. She is wearing a light-colored, long-sleeved top and jeans. The mirror reflects her face and upper body. In the background, there is a green plant and a staircase with a red carpet. The overall lighting is warm and indoor.

The College of New Rochelle Alumnae/i Magazine

Winter 2007 | Volume 78 | No. 2

Who Do You See When You Look in the Mirror?

Women's Struggle with Body Image

(story on page 2)



We live in a society obsessed...

We live in a society obsessed with appearance – from which celebrity gained a few pounds on the latest episode of our favorite television show, to who got a nose job or a face lift, to who was the best dressed and, even more enjoyable to debate, who was the worst dressed at the Oscars. Open any magazine or switch on any television station, and we are barraged with an endless array of advertisements for the latest cosmetic, hair care product or diet pill. Thus, rather than aspire to being the most intelligent or accomplished, it is instead being the prettiest, the youngest looking and the thinnest that we strive to be and that we revere. We create a standard that is impossible to achieve ourselves – and more alarmingly a standard that for some becomes much more than just harmless celebrity gossip or beauty tips around the water cooler but instead a life-threatening issue as millions of women and girls struggle with dangerous eating disorders and many more can't look in the mirror without being displeased with their appearance.

We also live in a society obsessed with indulgences. The latest technological gadget, the biggest house and the largest box of chocolates – we have to have it all. We're a society obsessed with speed – the fastest Internet connection, the fastest car and the fastest food, as the drive thru becomes a far easier source of the family meal than the supermarket. Thus, just as our SUVs and television screens get larger, so too do our waistlines as the number of overweight and obese Americans continues to grow.

Body image problems and obesity – here are two issues with enormous consequences for our society – psychological, physical and even economic as the results of both strain our healthcare system.

In this issue of *Quarterly*, we examine these critical issues and we seek in some small way to address them. We report on a new program at CNR aimed at combating obesity among college students. And, with the expertise of a CNR alumna and nutritionist, we answer the questions surrounding how to best meet your nutritional needs. So read on...

QUARTERLY

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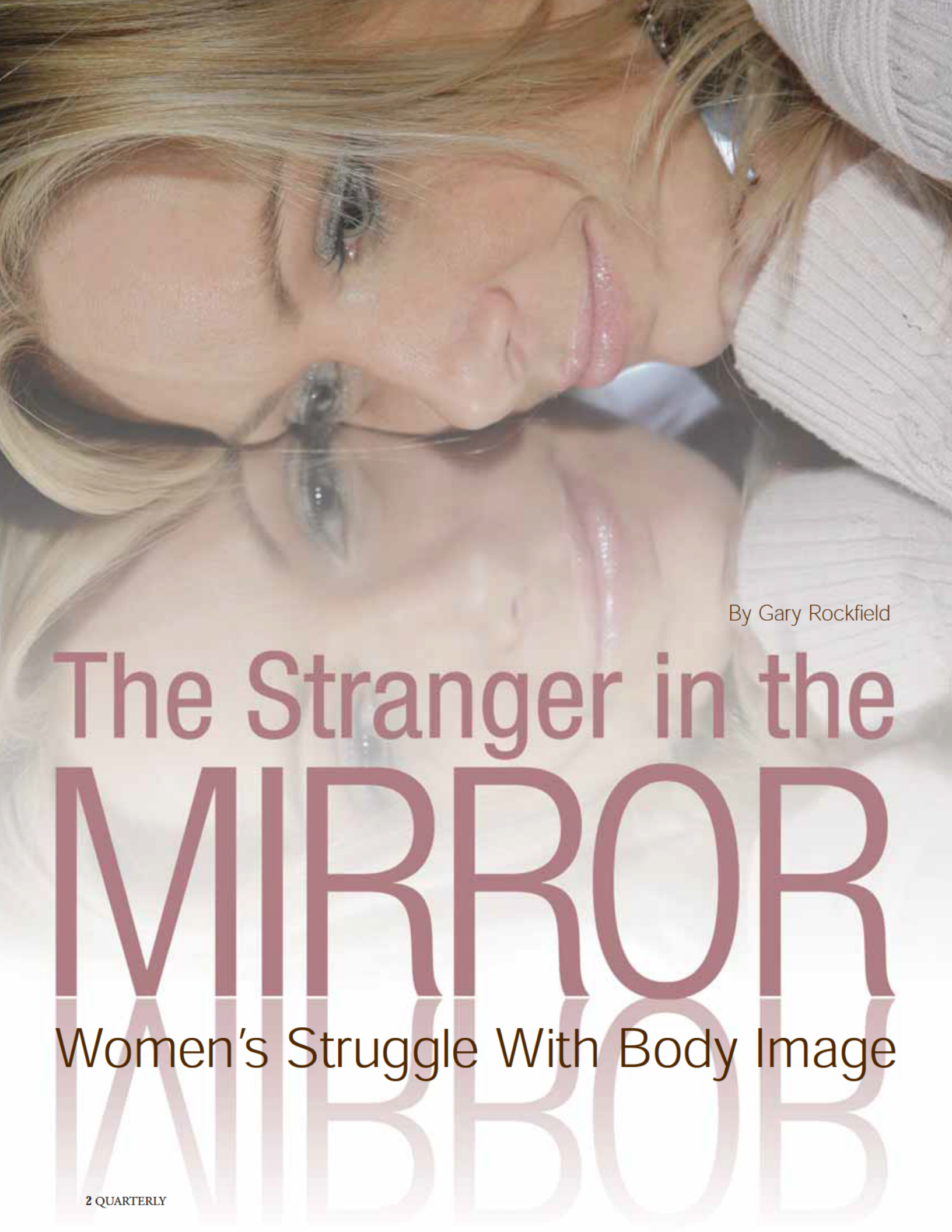
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CNR Celebrates Commencement



Cover: Elizabeth Morgan Cotignola GS'01 in the Castle Parlors on campus.

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By Gary Rockfield

The Stranger in the MIRROR

Women's Struggle With Body Image

"I should have been horrified, but instead I was envious."

When the lifeguard at Kim's* condo complex suddenly showed up 50 pounds lighter one summer, "I was like, 'How did you do that?' It turned out she was anorexic and bulimic," the CNR graduate recalls, "and she let me in on all her secrets."

"We'd go into Friendly's and I'd watch her swirl ice cream around in her mouth to get the taste, and then spit it all out into a cup in the bathroom. She would also vomit, which didn't appeal to me, but she was the one who introduced me to laxatives." Soon Kim was popping these daily, "like you'd take a multivitamin," so she could binge on food and still lose weight.

Many of us could stand to lose a few pounds here and there, but what happens when the urge to be slim and look good goes too far, when the simple act of eating becomes loaded with moral and emotional baggage?

The result is an estimated 10 million American women and girls in the grip of dangerous eating disorders, and many more possibly headed down that road — those who can't look in a mirror without a sense of dissatisfaction, despair or even self-hatred. (*Men and boys are affected as well; see box, page 5*).

And it's not just the stereotypical affluent teen battling eating disorders or severe body-image problems, says Dr. Margo Maine SAS'72, a clinical psychologist in West Hartford, CT. "As we become more of a consumer culture, constantly exposed to emaciated images of beauty in the media, we're seeing all age groups and demographics, from children to adult women."

"I'm getting calls from women whose daughters I had treated — 10 years later, the mother is finally admitting problems of her own. I am most deeply struck by their feelings of shame and embarrassment, the feeling that at age 40, 50 or 60 they should have long ago outgrown this type of problem."

The "Language of Fat"

Working at a children's hospital in the early 1980s, Maine recalls how many professionals dismissed the upswing in eating disorders as just a passing fad. "But I had an intuitive sense as a woman that the cultural messages we were getting about our appearance were going to create increasing problems."

Author of *The Body Myth: Adult Women and the Pressure to Be Perfect*, she says women are taught to translate negative emotions into the "language of fat." Instead of opening up about their problems — especially at stressful stages such as childbirth or menopause, divorce or bereavement, a new job or caring for an elderly parent — they turn inward and obsess instead on their weight and their looks.

"And our culture makes a tremendous amount of money by keeping women worried about those looks — the diets, cosmetics, clothes, hair care, and now the boom in plastic surgery. It's really a way to keep women in their place."

**Name has been changed.*

"What does the culture tell us about the value of women?" asks Dr. Marya Howell-Carter, CNR's Assistant Director for Counseling Services. "Your job is to either have babies or be gorgeous. Or now both." That may work for Julia Roberts, but don't you try it at home.

"Men are most often valued for their power or accomplishments," Howell-Carter adds, "but our culture still values women primarily for their appearance. You cannot overestimate how the constant stream of images from magazines and TV creep into our consciousness and tell us how we should be."

Our culture makes a tremendous amount of money by keeping women worried about those looks — the diets, cosmetics, clothes, hair care, and now the boom in plastic surgery. It's really a way to keep women in their place.

That process starts early, even with our childhood toys, says CNR sociology professor and Women's Studies chair Dr. Roblyn Rawlins — who notes wryly that if Barbie was a full-size adult she'd pack a 39-inch bust and just an 18-inch waist. How can real women possibly compete?

Unfortunately, Rawlins adds, we tend to compare ourselves not against real people (e.g. Debbie from Accounting with three kids) but against impossible standards of perfection (Jennifer Aniston or Cameron Diaz). "Women know this is not what the typical person looks like, yet they still feel bound by the unattainable ideal."

"You're supposed to look like Paris Hilton or Nicole Richie for people to accept you," says Tara*, a CNR grad in her mid-20s who has battled anorexia on and off since age 12. "Sometimes I still get angry at myself for not looking perfect."

Recipes for Disaster

We all are bombarded with the media's unrelenting demands: indulge yourself, and yet somehow remain perfectly slim. But what makes some women especially vulnerable? Kim and Tara both point to unhappy childhoods.

"My mother was very concerned with her own appearance and ours as well," Tara recalls. "My younger sister seemed to get all her love and attention, and I thought that if I could be thinner and prettier, my mother would love me, too."

While not at all obese, "I felt very much like an outcast. So at 12 I started restricting my diet and taking my mom's Slim-Fast to school for lunch. She was very concerned at first, but at least I was getting her attention. She threatened things like not letting me go horseback riding anymore, so I started eating again" — at least for a while.

"I'm the child of an alcoholic father," explains Kim, 37, *(Continued on page 4)*

The Stranger in the Mirror

(Continued from page 3)

“and my older brother also battled alcoholism. I didn’t get that. I got other things” – depression, anxiety and body-image problems leading to bulimia in her 20s.

“There was always a lot of tension all through the house. My brother was always acting out and I was the good one, the quiet one, so I was always ignored. Nobody ever told me that I was good, or smart, or beautiful or anything. So you look in the mirror and you just see negative.

“I wasn’t fat, but I became very self-conscious in my teen years because my brother took out a lot of his anger on me, always calling me things like Buffalo Butt or Hippo Hips. And then you look at all the magazines and things and think. ‘I don’t look like those girls.’” (As *Teen* magazine has reported, 50 to 70 percent of normal-weight girls believe they’re overweight.)

“I’m working with several children right now who are suffering the lack of self-esteem that can lead to body-image despair and eating disorders,” says Dr. Anne DuVal Frost, an associate professor of nursing at CNR who has a private practice in psychotherapy. “People don’t realize just how much of our self-image is formed so early in life, even in pre-school – and then the problems all come out in adolescence.”

“One thing I see again and again in patients,” says Frost, “is the inability to face conflict, express anger or admit problems.” In therapy she works to build the self-esteem that did not take hold in childhood – “the right to stand up for yourself even if it upsets other people.”

“There are women whose feelings about themselves are so



negative,” says Margo Maine, “that the eating disorder or related behavior, such as excessive exercising, becomes their only way of coping and self-soothing. The only thing that calms them down is feeling empty or exhausted.”

Maine sees many patients who may not fit the full checklist for an eating disorder but who have been dieting and weight-obsessed nearly all of their lives. “They are so self-conscious that they can never enjoy relationships or social situations. All their spontaneity and enthusiasm for life has been compromised. They may look fine, but it’s a different story underneath the façade.”

Hungry for Affection

Marya Howell-Carter tries to open these women’s eyes to how external messages are shaping their despair. She urges them to “focus instead on the real people in your life and how they love you, how all the physical stuff is not so important.”

Howell-Carter generally does not counsel patients actively battling an eating disorder – at that stage she will refer them to more specialized care. “What I do see is the before or after. Women who are obsessing about how they appear and who could be heading toward serious problems, or others who have perhaps put an adolescent eating disorder behind them but fear they are starting to regress.”

Helping CNR students cope with a wide range of prob-

I wasn’t fat, but I became very self-conscious in my teen years because my brother took out a lot of his anger on me, always calling me things like Buffalo Butt or Hippo Hips. And then you look at all the magazines and things and think. ‘I don’t look like those girls.’

lems, she says “body-image concerns permeate many of these cases. One of the most insidious things I see is that people will stay in a hurtful relationship because they don’t think they’re good enough to find anybody else.” Kim echoes that, from unhappy experience: “You feel you just don’t deserve any better.”

It was during her mid-20s that Kim’s body despair and related emotional baggage ballooned into bulimia. All the laxative purging led to bowel problems and nasty hemorrhoids, and even as Kim tried to ease off on the drugs it was a hard habit to break. “I’d throw them out but then go out and buy more, just to know they were there.”

Howell-Carter sees body-despair victims at two ends of the spectrum. “At one end are those who are ‘in control,’ obsessive about their weight and what they eat, but proud that they can control their actions through a rigid discipline. At the other end are those who are losing control. And the more they eat, the more they are feeling depressed and unlovable.”

Tara was in control and doing well at CNR, “but then I really sabotaged my senior year because I didn’t want to leave college – it was the only place where I felt accepted. I became depressed and started drinking a lot, became withdrawn, pushed everybody away.” She did manage to graduate, a year late.

From her normal 150-pound size 10, Tara would starve down below 130 to size 4. For weeks, she says, she might survive on a single daily Slim-Fast bar, or eat just one meal and throw it back up. “A friend warned me I looked too thin. She was worried, but it made me feel better.”

I can tell them, ‘You’re really attractive’ and they can come right back with 50 reasons why they’re not. ‘You’re my therapist, you’re paid to be nice to me’ – I get that all the time.

One day, she recalls, “a guy I was in love with had just rejected me and I was up crying and drinking all night.” Already living mostly on coffee and diet pills, Tara began to feel faint at work the next morning. Heart racing and body shaking, she fled outside in a panic. The attack was “like seeing a huge rabid dog coming right at you – you just have to run.”

Taking Weight “Off the Table”

People with body image and eating problems come in all shapes and sizes – it’s the lack of self-esteem that looms largest in the mirror.

“I can tell them, ‘You’re really attractive’ and they can come right back with 50 reasons why they’re not,” Marya Howell-Carter laments. “‘You’re my therapist, you’re paid to be nice to me’ – I get that all the time.”

“It’s no use just telling someone ‘You’re not fat,’” Margo Maine agrees. “I’d want them to understand why their body is a source of pain for them even though it looks fine to everybody else. Were they constantly criticized as they were growing up, especially about weight or food?”

And if a patient really is overweight, “I’d still want to address their relationship with food. I’m not a diet doctor and I can’t make you thinner, but I’d want you to develop a more healthy relationship so you can take better care of yourself. I want to take the subject of ‘weight’ off the table and focus on the underlying feelings.

“It’s so easy to be overweight in our culture, and a lot of people get that way by dieting and then overeating,” says Maine. “You’ve got to avoid that deprivation mentality. In one poll I saw, 50 percent of U.S. women said they can’t enjoy food at all. Food can be a joyful part of life, but it can’t be the only thing you turn to in life to reduce stress. And we must not turn it into a moral issue.”

So realize that those few extra pounds probably don’t matter. In fact, says Maine, a little extra fat may be your friend.

Gaining weight is normal as we age
(Continued on page 6)

NOT FOR WOMEN ONLY

Body dissatisfaction is so widespread in our culture, notes Dr. Roblyn Rawlins, that some experts call it a case of “normative discontent” – you’re a little bit odd if you *are* happy with yourself.

But while this dissatisfaction can be minor, it can also breed dangerous eating behaviors. An estimated 3 percent of young women suffer from anorexia and bulimia, and probably twice that number have “clinically important variants,” according to a review in the *New England Journal of Medicine*.

But while females are by far most likely to develop an eating disorder, 10 or 15 percent of anorexia and bulimia sufferers are boys or men, as well as perhaps 40 percent of those with binge-eating disorder (doing the binging without the purging). Some 1 million boys and men may be affected, says the National Eating Disorders Association (www.edap.org).

Male eating disorders often start out as an obsession with exercise as a way to look more macho, more sculpted, explains Dr. Margo Maine. “In a way they are similar in personality type to females with body-image worries – perfectionists who are too hard on themselves, never feeling they are good enough.”

Noting that girls who played with Barbie dolls in one study seemed to show increased body-image worries, Rawlins points out that toys and other products aimed at boys may also be setting an impossibly sleek standard.

GI Joe, for example, used to look like a pretty normal guy but has lately developed huge muscles and a much slimmer waist. And compare the hyper-muscular suit Christian Bale wore in *Batman Returns* last year to how unremarkably Adam West filled out his plain gray tights in the 1960s TV series.

With increasing amounts of rippled, bare-chested beefcake on display in the media, “Boys and young men are under more pressure to fit this ideal,” Rawlins warns, “and this can lead to unhealthy behaviors like over-exercising or steroid use.”

Imagine how phenomenal it could be if women could focus more on our education, our job skills or our spiritual improvement instead of on our looks. But women in our culture lose power and status as we age, earlier and more so than men. So looking young and thin is a way to hold on. It's really the ultimate feminist issue.

The Stranger in the Mirror

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and our metabolism slows, she explains. As menopause arrives, this extra fat helps protect organs and adds needed estrogen. "It's a problem when you *don't* gain weight around this time," and women who start dieting around menopause will suffer more from hot flashes and other symptoms.

The Parent Trap

Anne Frost often lectures on how the media lure youngsters with a quick-fix mentality – that food, drugs and alcohol offer a quick and easy emotional lift. "Children do not have the ego control to turn down treats, so it is up to you to provide an environment of healthy eating," she tells parents. "Instead of making weight a big issue, simply serve good foods and model healthy eating.

"But if you start making food a way to control your children, through reward or punishment, they will turn around and take food as their own control issue when they reach their rebellious teen years."

Schoolwork is another weapon parents may use for control or shame, Frost adds. "There's so much pressure on kids today; they have to learn to be OK with some failure in life." But the family can sabotage them by being too perfectionist or over-protective, or by putting a tidy family image above the needs of individual members.

"We had to bring one young woman home from college because of her bulimia. She was depressed and on cocaine as well. And yet with all these problems, her mother wanted all the focus to be on herself – 'Look at what I have to deal with.'"

Therapists and counselors agree on one serious root cause of eating disorders and body despair. Pointing to reports that one in four women will be physically or sexually abused at some point in life, Marya Howell-Carter says this sense of violation shadows women as they try to establish their identities and self-esteem. Others may carry the weight of seeing their mothers abused.



Even well-meaning parents may put too much focus on weight because, as Roblyn Rawlins explains, they know that society does reward appearance. She says children can grow up with greater self-worth when parents frame body issues in terms of health and fitness rather than weight.

She also urges parents to stress critical thinking about those perfect bodies the media serves up. "Encourage young people to deconstruct that image, realize that the people are air-brushed or do not represent anything close to the typical human physique."

'Why Am I Trying to Be Perfect?'

Tara encourages people to "realize that you're obsessing about things most other people don't even notice. If you want to lose weight, choose a healthy diet and work out." And avoid the many web sites where girls now go to flaunt their eating disorders and cheer each other on to eat even less.

Fortunately for Tara, "I found a really good therapist and that has helped me face a lot of my problems. If I'm feeling upset, alone and worthless, I can now recognize that mood and try to control it."

Kim also benefited from therapy, but says her most valuable insight came out of the blue one day while visiting her stepbrother.

"He comes from a very similar family and also had depression and anxiety. Suddenly he was doing so well that I asked,



Strangers in a Strange Land

"Imagine how phenomenal it could be," says Roblyn Rawlins, "if women could focus more on our education, our job skills or our spiritual improvement instead of on our looks."

But as Margo Maine puts it, "Women in our culture lose power and status as we age, earlier and more so than men. So looking young and thin is a way to hold on. It's really the ultimate feminist issue."

"Eating disorders have flourished since the 1970s – along with the enormously changing role of women in society. My life is so different from those of my mother or aunts. We are strangers in a strange land, navigating pressures that have never been navigated before."

Marya Howell-Carter does see some pop-culture progress, pointing to stars such as Oprah Winfrey and Rosie O'Donnell. "We love these women because they give us a successful, intelligent role model who is not rail-thin." Then there's the Dove ad campaign featuring women of all sizes, and the success of Emme, the full-figured model who has also become an advocate on body issues. But that's barely a start when, as one researcher tallied up, more than three-quarters of female TV sitcom characters are underweight.

"I know how it can be to walk into a store and see all those magazines with models who must be 6 feet tall and still weigh 20 pounds less than you," Kim admits. "But if you have a strong family upbringing and are encouraged to feel good about yourself, you're less likely to cave in to the pressure of how society views beauty."

"If you've got a healthy self-image, you'll just take all these cultural messages and put it all into balance," Anne Frost agrees. "You won't let it rule your life."

"Each summer as a child," Frost fondly recalls, "I used to stay on my grandmother's farm in Virginia. Well, she was a very good cook, and I used to get very plump there. But when I'd ask my dad, 'Am I fat?' he would just reply, 'No, you're beautiful.' And that was exactly the right answer."

Gary Rockfield is a free-lance writer/editor who frequently reports on education and business-related issues, as well as unique personalities from all walks of life. An award-winning former newspaper editor, he lives in Brewster, NY.

'What drug are you on?' He explained how one day he had simply gotten up and realized that everybody has problems, that's just the way he is and it's OK.

"It was like a light bulb went off above my head. – 'Why am I trying to be perfect when nobody else really is?'"

Kim, like Tara, has gradually learned to put the clamps on negative thinking. "Just realizing how some of my most horribly moody days came when I was 'PMSing' was a big step; I'd never recognized the timing. And even if I do have a bad day with anxiety or depression, it's OK – you don't have to be happy seven days a week. Being able to forgive yourself is so important."

"I still do have body-image problems – one day I'll think 'You look great' and the next day it's like I've gained 40 pounds. It's amazing what the mind can do, but I try to remind myself I'm still wearing the same jeans as yesterday. And I don't worry about what the scale says." In fact, she laughs, "If I go to the doctor and have to get weighed, I just turn my head and ask them not to tell me."

Tara also avoids looking at scales, always concerned she'll fall back into old habits. "If I weighed anything more than 130, I really felt depressed. But I've tried to realize that that was all on the outside – the important thing is how you feel on the inside."

I still do have body-image problems – one day I'll think 'You look great' and the next day it's like I've gained 40 pounds. It's amazing what the mind can do, but I try to remind myself I'm still wearing the same jeans as yesterday.



Rosemarie Schulman SNR'75

Woody Allen once sagely remarked that 80 percent of success is just showing up. In weight management, says Rosemarie Schulman SNR'75, success is getting 80 percent of your mind to show up.

That 80 percent is your subconscious, and it's where Rosemarie says people can find the will to lose those extra pounds.

In recent years hypnotherapy has become an important tool in her counseling programs at clinics, hospitals and in private practice. "Your conscious mind represents only 20 percent of your brainpower," the Pleasantville, NY resident explains. "With hypnosis you learn to tap into all the rest, with the message that you can do anything you set out to accomplish."

"You learn the language of success. You learn to tell yourself 'I *will* exercise. I *will* eat less.' And, she adds with a laugh, "I *will* get on Oprah."

While Ms. Winfrey has yet to call, *Good Morning America* has featured Rosemarie's work, and she lectures frequently as well. She began creating effective weight-loss programs in the 1980s, and has co-written an accompanying book — *Tipping the Scales (It's Not About Dieting, It's About Living)* — with husband Harold, an M.D. and women's health specialist.

Hypnosis, Rosemarie stresses, is no magic bullet but a tool for healthier living. "Our culture has a quick-fix mindset and Americans look at dieting as short-term," she says, bemoaning the

people she calls "abracadabras" who think some new pill will magically solve their problems. "Proper nutrition is a long-term commitment."

"I don't think any food is bad, but the question is how you eat it, when and how much. Our portions are out of control in this country, but we don't even take the time to relax and enjoy what we're eating."

It's Not About Skinny

"My involvement in women's nutrition stems from a very personal situation," Rosemarie recalls. "I suffered from an eating disorder in my 20s, while just starting out in nursing. I'd go crazy on weekends and then diet all week. I realized I was adopting this obsessive lifestyle, and so were many of my colleagues."

An experienced nurse by the mid-1970s, Rosemarie says, "I always wanted a career focused on women's health and saw weight management as an increasingly crucial area. It's not about making people skinny — I felt if I could help women develop the skills to manage their weight, it would empower them to manage and succeed in all areas of their lives."

She got that chance while working with her husband at several Florida clinics, as the controversial diet drug Fen-Phen burst onto the scene some 20 years ago. "Women were thronging to us for prescriptions, but Harold said he was not just going to hand out pills, that these women needed a comprehensive program, with nutritional guidance and behavioral assessments."

"So, he said, 'Rosie, come up with that program.'"

Her resulting "Getting/Staying/Living Thin" regimen was a success, but just as the Schulmans were poised to take it nationwide, Rosemarie got a call from New York Medical College in Valhalla. The bariatric surgery department, performing stomach staples and other procedures, wanted someone to create a program to educate obese patients before surgery and motivate them to stick with a healthy new lifestyle afterward.

"These are people who need to lose 100 pounds or more. Nothing else has worked and they've got no place else to go."

Looking for an answer, Rosemarie turned to hypnosis. "I use it to disassoci-

ate the attachment patients feel toward food and direct them toward the positive aspects of their lives. And I show them how to image success, envision the results of a change to better behavior."

As you listen to Rosemarie's hypnotic recital, you picture yourself in a safe and beautiful place. You envision yourself as the person you want to be. You hear her calm but compelling assurance that you *will* become more confident, you *will* become more capable.

And once you take her CD home and master the technique yourself, she adds, you can use it any time and place. "When I go out to lunch with friends I can image the feeling of eating less and still feeling satisfied."

Body and Soul

Looking to put this power into hands nationwide, Rosemarie is co-founder of a new venture called Focus 28, offering pre- and post-op programs for bariatric surgery centers.

"What goes on now is that patients are given slips of paper and sent to a nutritionist in Peekskill, a counselor in Poughkeepsie, a doctor somewhere else for their medical or fitness clearance and so on. We want to offer one-stop shopping, a team of experts to put this all together, plus a full set of materials the patient can take home, like the hypnosis CD."

If you're trying to eat smarter, Rosemarie advises adopting a plan that fits your personal style — are you a grazer, a snacker or someone who prefers three main meals? In any case, the key concept is balance. While many diets demonize fat, carbs or protein, you need all three for proper nutrition.

But weight management, she cautions, is not just about the body but the spirit as well. "When people are overweight, they often are covering up some other issue they do not want to deal with. People fill up with food because they're not fulfilled in life. And in our abundant society, food is an easy substitute."

To avoid this trap, Rosemarie urges, "Get up each day with positive thoughts, actions and dreams. Celebrate and honor yourself — you deserve it." As her answering-machine message cheerfully commands, "You *will* have a great day!"

— Gary Rockfield



Obesity was the underlying cause of 400,000 deaths in 2000, a 33 percent increase since 1990, and according to the CDC, if trends continue, it will become the number one cause of preventable death.

The Expansion of America Obesity in the United States

BY JOHN COYNE

America is in danger. Yet the danger is not from the threat of terrorism or hostile countries but from within. We are victims to our diets and our lifestyle. We are slowly, as a nation, eating ourselves to death. Obesity in the United States has reached epidemic proportions and it is spreading, more dangerous to our society than the Asian flu.

“Within the last 20 years there has been a dramatic increase in the number of people suffering from obesity,” explains Marie Serina, Director of Health Services at CNR. Recent figures compiled in a survey done by the United States Department of Health and Human Services Centers for Disease Control and Prevention indicate that 66 percent of adults today are overweight and of that number, more than 66 million Americans, or 32.2 percent, are considered obese.

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The Expansion of America

(Continued from page 9)

According to Serina, “obesity and being overweight are a result of an imbalance between food consumed and physical activity.” However, as she points out, obesity is a complex issue related to lifestyle, environment and genes. Many underlying factors have been linked to the increase in obesity – larger portion sizes; eating out more often; increased consumption of sugar-sweetened drinks; as well as increasing television, computers, electronic gaming time, changing labor markets and fear of crime, which prevent outdoor exercise. The result of obesity means that children and adults are at increased risk of type II diabetes, hypertension, stroke, certain cancers and even death. Obesity was the underlying cause of 400,000 deaths in 2000, a 33 percent increase since 1990, and according to the CDC, if trends continue, it will become the number one cause of preventable death.

It’s clear that obesity has become a serious problem in America, and in ways that we might not expect. Radiologists, for example, are increasingly reporting that obese people are unable to get full medical care because they are either too big to fit into scanners, or their fat is too dense for x-rays or sound waves to penetrate. As a result, tumors, blood clots, broken limbs and other injuries and diseased organs go undiagnosed.

Beyond the direct health effects, heavier Americans are also costing the airlines – specifically \$275 million to burn 350 million more gallons of fuel in 2000 to carry the additional weight of passengers. And then there’s the environmental effect to consider – an estimated 3.8 million extra tons of carbon dioxide released into the air.

Who is Overweight?

Like many other health problems, obesity is associated with poverty. Neighborhoods with the highest levels of obesity also have the highest levels of poverty, according to the Commissioner of Health and Mental Hygiene for New York City, Dr. Thomas Frieden.

While nationally the increase in obesity is equal for men and women, among



While everyone agrees that physical activity and healthful school lunches will help, “it is not enough to tell people to exercise and eat right.”

racial and ethnic groups the trend toward obesity is much more pronounced. Obesity among adult Black females grew from 38 percent in 1988-1994 to 50 percent in 1999-2000 and from 35 percent to 40 percent in the same time period for adult Mexican-American females.

And it is not just a disease of adults. The American Academy of Pediatrics reports that childhood obesity has tripled since the 1960s. Over 2 million U.S. children between the ages of 12 to 19 have a pre-diabetic condition linked to obesity, and inactivity puts them at risk for diabetes and cardiovascular problems. The reasons include a more sedentary lifestyle, the preponderance of high-fat, high-calorie fast food, as well as socio-economic issues.

Young Women at Risk

Young women are also increasingly at risk. A comprehensive compendium of research conducted in 2004 by the Women’s Sports Foundation showed that the “current state of knowledge on the relationship of physical activity to the health and social needs of American girls warrants the serious attention of public health officials, educators and

sports leaders. American girls are confronted by a daunting array of health risks in their youth and in later life.”

Among those risks is obesity. A 2002 report from the National Center for Health Statistics noted that in 1970 only one out of every 21 girls was obese or overweight; today that figure is one in six.

While everyone agrees that physical activity and healthful school lunches will help, “it is not enough to tell people to exercise and eat right,” says Dr. David Ludwig, director of the obesity program at Children’s Hospital in Boston. What Dr. Ludwig and other physicians want to see happen are “societal changes.”

These “societal changes” can stop this epidemic. Preventive measures and new treatment will improve the health of everyone in America.

CNR’s “Wellness Challenge” Solution

With the introduction of a new program that directly addresses the serious issue of obesity, funded by a special grant from the Aetna Foundation, The College of New Rochelle is also doing its part to combat this critical issue.

Called the “Wellness Challenge,” the

program is being coordinated by the College's Health Services Office and conducted in conjunction with the Intercollegiate Athletics Department and the Physical Education Department in the School of Arts and Sciences.

"Students, as a population, are 'at risk' as the commitment to academia involves long hours of sitting in classrooms and the constant stress of meeting deadlines and taking examinations," says Marie Serina. "All of this leads to a greater temptation to eat fast food with little nutritional value. However, the nurses in the Health Services Office are extremely sensitive to the lifestyles of students and have made a commitment to help them change their behaviors. At CNR the Wellness Challenge is on its way to being won."

Begun in the fall of 2005, explains Harold Crocker, Director of Intercollegiate Athletics at CNR, "our focus at first was on students participating in intercollegiate sports, and the goal of the self-directed program was to help students improve their way of life and reduce health risks by incorporating healthy food choices, physical activity and reducing stress."

Word of the program quickly spread on campus and 11 students signed a "contract" endorsing the wellness goals they developed themselves and explaining how they expected to achieve those outcomes.

Students were assigned nurse practitioner mentor/coaches that they saw each week. "It was our experience," says Dr. Theodora Ierides, Associate Professor of Physical Education, "in evaluating the program that students favored the continuity of working with the same nurse practitioner each week. This proved to be one of the biggest strengths of the program."

Another addition to the program was having the students eat nutritious lunches together in the Dining Hall. The Wellness Challenge also has a specially designed Wellness Resource Room where students have available to them materials and posters, as well as an electronic scale. Much of this additional support and purchase of materials have been made possible because of the three-year \$125,000 Aetna grant.

Ultimately, 8 of the 11 students remained committed to the program for the full ten weeks, losing an average of 6.5 pounds and decreasing by .9 their Body Mass Index (BMI). In spring 2006, 13 different students, mostly from the School of Arts & Sciences, participated in the program, and this fall, the number grew to 15 new students, this time mostly from the School of Nursing.

According to Marie Serina, this past semester's program has been the most successful because of modifications they've made to the program based on student feedback. These modifications include an emphasis on the holistic approach to self-care meditation and an affirmation session during which students were taught how to coach and advise themselves, offering students the choice of meeting weekly one on one or as a group and teaching students how to stretch properly and take their pulse in preparation for a safe walk.

This September, weekly "Wellness Walks" were introduced as well. "We meet in front of Angela Hall and walk with the students for one hour," says Serina. Students who showed up for the first two weeks received pedometers as an incentive to continue with the program."

Wellness in CNR's Future

When the new 55,000-square-foot holistic Wellness Center is completed on the New Rochelle Campus, the Wellness Challenge will become an important and integral part of the College's total curriculum. Plans for the future, says Serina, include establishing a year-round theme of fitness and exercise and incorporating other departments into the program to take a more holistic approach to what has been a very successful pilot program.

"With the addition of the new Wellness Center, our hope is that this plan to change one's lifestyle will blossom into a full program available not only for the students, faculty, friends and alumnae/i of CNR, but also the community beyond our campus," says Serina. "Already CNR students are well on their way to meeting their personal challenge to stay healthy and fit and surpass their goals. Obesity is a serious health problem on all campuses, and we are addressing this sensitive issue with knowledge, understanding and the belief that we can, as we have so often in the past, change and improve the lives of our College Community."

John Coyne is Manager of Communications for The College of New Rochelle

WHAT IS OBESITY?

Obesity is defined by a mathematical formula known as Body Mass Index (BMI) which is based on a person's weight, adjusted for height. Being obese means a BMI of 30 or greater; overweight is a BMI 25 or greater, but less than 30. [It should be noted that "overweight" may not be due to increases in body fat. Professional athletes may be very lean and muscular, with little body fat, but may weigh more than others of the same height.]

While body weight is typically the result of genes, metabolism, behavior, culture, socio-economic status and the environment also play a large role in causing people to be obese. Too many calories and not enough physical activity create an energy imbalance.





An Apple A Day... Or Two... or Three?

Making Sense of Healthy Eating

It seems not a day goes by that there isn't another headline on what food we should eat and what to avoid. Eggs aren't good for you – they are. Take vitamin supplements – don't.

Avoid alcohol – a glass a wine a day is good for your heart. Eat more fish – avoid fish with mercury. It is endlessly confusing and contradictory.

By Lisa Romano Licht SAS'81

A whole complex language has developed surrounding our society's contemporary fascination with food, eating and nutrition. Trans fat, enriched, organic – what does it all really mean?

And what is the key to determining how to meet your nutritional needs? How do those needs change throughout your lifetime? How do they differ for men and women? While some of us strive to educate ourselves and make healthy choices, merely reading a food package can be intimidating. For some answers to these questions and more, we spoke to nutrition expert Tara Hammes Hatala SAS'91. A registered dietician and the nutrition manager of The Greater Boston Food Bank, Tara also teaches workshops for children and adults on how to eat healthy.

Hundreds of books focus on nutrition and related food/health aspects. Has healthy eating – or simply eating – become an obsession of American culture?

Tara Hatala: Consumers are becoming increasingly aware of the nutrition-health link and are becoming more responsible for changing their eating behaviors. However, these same trends create opportunities for misinformation.

Our environment has changed over the past few decades: we have increased access to a greater variety and selection of foods — compare the supermarket you grew up with to your neighborhood's today. We don't learn to cook from our parents and grandparents anymore. Instead, we're obsessed with celebrity chefs and cooking shows. And those recipes are often complicated and in the end create a barrier to cooking for indi-

viduals. For folks who are “food insecure” – lacking access to sufficient, safe and nutritious foods to meet dietary needs – this is particularly intimidating. So, if someone has a lack of cooking skills and less access to a supermarket, eating healthy becomes even more challenging.

Food is more than just a means for satisfying our hunger – we use it to celebrate holidays, to ward off boredom, to socialize, to placate our children. But most Americans still don’t eat properly. According to The Food Institute’s Food Industry Review, the top five supermarket sellers are: carbonated beverages, milk, fresh bread, beer/ale and salty snacks. Progress has helped and hindered us. The produce aisles are bigger and more attractive but so are the beverage and snack aisles.

As a nutrition manager, what do you consider the most important nutritional principles for women? How do they differ for men?

Tara Hatala: I look at nutritional needs from a “chronic disease prevention” perspective – adults need sufficient calories from the right variety of macronutrients, such as carbohydrates, protein and fats. Iron is a greater need for women, but men should not consume too much iron as it can lead to the serious iron-storage disease hemochromatosis. Men need more calories and protein than women, yet fiber consumption needs to be boosted for both sexes. And men and women need to reduce their intake of processed foods, saturated fats and sugars, by choosing fewer sugary beverages, savory processed snacks and always watching their portion sizes and reading ingredients, while consuming more unsaturated fats – olive oils, omega 3 & 6 – which have been found to boost immune system function and decrease the risk of cardiovascular disease.

Everyone also needs calcium, not just women to prevent osteoporosis. A study of pre-teens recently revealed a calcium deficiency, which was contributing to more broken bones in young adults. So, diet has an impact at an earlier age than most people realize.

How do nutritional needs change throughout a life cycle, i.e. childhood through old age?

Tara Hatala: First of all, the biggest variation throughout a life span is how many calories you need. Infants grow rapidly so they have a higher energy need per kilogram than adults. An athletic, teenage boy might need 3,000 calories daily, while a petite, menopausal woman might need only 1,700. Pregnant and breastfeeding women have greater needs also. And there are misunderstandings about issues such as lactose-intolerance vs. lactose allergy. If someone thinks they are allergic but they are only intolerant, they can be unnecessarily replacing milk with empty calories in soda.

Senior citizens comprise a population whose nutritional needs are often inadequately addressed. They tend to eat less if they are cooking for one, and their taste perception changes so they may seek out sweet foods. Medication needs and other issues can also affect appetite and consumption at this stage. It is important that seniors get sufficient vitamins and minerals through nutritionally dense foods.

Needs can also be impacted by an individual’s ethnicity. For

example, since osteoporosis is more common in Caucasian and Asian women, it has been suggested that they need to consume more calcium than African-American women.

The media inundates us with ever-changing reports on what’s “healthy” and what’s not. Any advice on making sense of contradictory information?

Tara Hatala: The main problem is that news reports rarely provide enough context for the consumer to make educated decisions. Many times, the report is based on “preliminary findings” that garner unmerited attention, but we don’t hear about the follow-up study – did it work? We don’t know if it applies to us personally. Forty-three percent of consumers report that they like to hear about new studies but 22 percent claim to be confused by reports.

A key principle I recommend is to consider the source, look at who is trying to convince you with a diet, a book or a pill. Have a dose of skepticism. The media will focus on what’s exciting. Most good nutrition isn’t sexy enough for them to talk about often. We’re always looking for the “magic bullet,” but we need to accept that science is constantly changing. After all, we only discovered vitamins about 100 years ago.



Are most nutritional habits “learned”? What are realistic ways to improve eating habits?

Tara Hatala: I believe most nutritional habits are learned, and we can examine them in three different arenas. The first is the family. Nutritional expert/author Ellyn Satter outlined what she calls a ‘feeding relationship,’ between parents and their children. She says that parents should provide five healthy options and let the child make their own choice. The children will often model their parents’ behavior. Therefore, you can’t tell your kids not to eat cookies but keep them in the house for yourselves. Parents need to take the time to eat right themselves, and cooking and eating with children has many benefits besides the nutritional.

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An Apple A Day

(Continued from page 13)

The second arena is that of the media. Food ads on TV and in magazines often zero in on our youth. Kids are bombarded with messages about fruit roll snacks or candy, and parents can more easily give in to buying those than a \$100 pair of sneakers. There also seems to be a link between the messages received during commercials and programming and the rise in childhood obesity.

The final influence in the feeding relationship is that of environment. As I mentioned earlier, we are much more aware and exposed to food all the time. You used to go to a gas station for gas, now it's also a convenience store. Kids get snacks at school vending machines and bake sales. In the supermarket, food companies pay for specific shelf space. That's why sugary cereals are placed at kids' eye level. We need to educate ourselves and our children so that they have a different awareness and don't become victims. Working with schools and at home can change the mindset.

Busy adults, especially those with young children, find it difficult to avoid fast foods and restaurant eating. How can nutritious options be found in these situations?

Tara Hatala: One of my mottoes is "better not best." We don't always have to choose perfect foods when dining out. In recent years, portions at fast food and other restaurants have grown – everything is "super-sized." So, if you want to get a hamburg-

er, just don't make it the biggest burger on the menu. Or try the typical healthy foods such as salad. If you're eating at a restaurant, maybe skip the appetizer and/or split a dessert. We have a mentality in this country that if we don't eat it all we're getting ripped off. If we paid \$5.99 for a buffet, we want it all!

If you're traveling, bring snacks to go: milk, juice, nuts, dried fruit, pretzels. And instead of stopping for fast food, consider using a supermarket as a restaurant. You can pick out single-portion sizes. Reorient your thinking about what's out there beyond the visible food chains.

Also, eating out should be viewed more as a treat than a daily occurrence. It doesn't have to take a lot of time to cook at home. Involve your kids and increase your family time by preparing and having the meal together. Give the kids tasks based on their skills and abilities. Even if it's only setting the table to start!

The U.S. dietary guidelines and related MyFood Pyramid were recently updated. What are the most important changes?

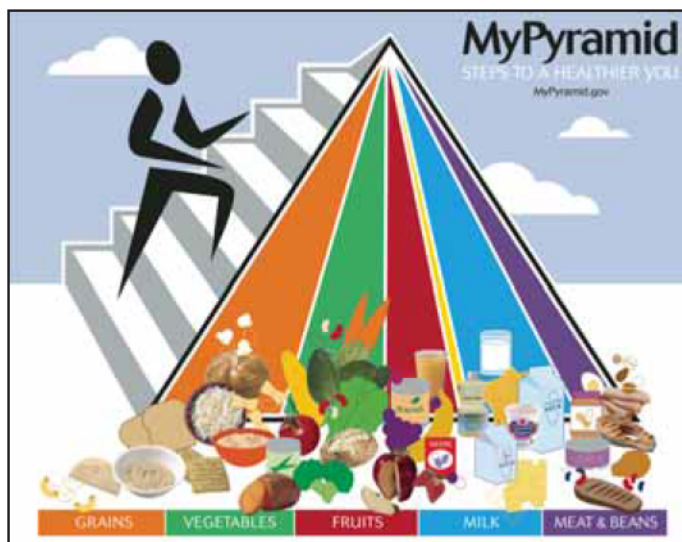
Tara Hatala: The U.S. Dietary Guidelines are revised every five years, and the MyFood Pyramid is the educational tool for consumers that echoes these guidelines. It recognizes that one size doesn't fit all when it comes to healthy eating and physical activity. Food requirements are now, mostly, in household measurement. Simple changes have been made: the fruit requirement is now two cups a day combined of any kind:



fresh, dried, etc. The oils category now emphasizes more liquid, unsaturated fats, while limiting butter and solid fat that can contribute to cardiovascular disease.

The pyramid provides the opportunity for a personalized approach for the consumer, indicating how many ounces are needed from each food group. There is also a helpful section called the “Anatomy of MyPyramid,” which points out six different nuances: activity, moderation, personalization, proportionality, variety and gradual improvement.

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DECIPHERING FOOD LABELS

How can you tell what it all means? Here are some tips:

- **Use the Nutrition Facts label, not the nutrient claims on the package.** First, pay attention to the serving size. If a serving size is two crackers and you eat four crackers then all the nutritional information, including the calories, listed for a single serving has now doubled.
- **Focus on the Percentage Daily Value (PDV) of a product.** If a nutrient is 5% or less it is considered a low source of that nutrient, between 10% and 19% is a good source and 20% or more is a high source. Keep in mind that the information found on food labels is based on an average diet of 2,000 calories per day.
- **Watch the Calories from Fat, the total calories in one serving that come from fat.** Dietitians generally recommend that no more than 30% of calories come from fat over the course of the day. That means that if the food you eat over the course of a day contains 2,000 calories total, no more than 600 of these should come from fat.
- **Read the Ingredient List.** Ingredients are listed in descending order of weight. Sugars are found in most foods. But while fruits contain sugars, they also contain fiber, water and vitamins, which make them a healthy choice. Snack foods, candy and soda, on the other hand, often have large amounts of added sugars. If sugar is listed in the first three ingredients, it's probably too high. Be aware that high fructose corn syrup or other ingredients with the “-ose” or “-ol” suffixes, such as dextrose, sorbitol or maltitol, are the same as sugar. “Fortified with nutrients” may mean water supplemented with sugar. “Enriched” does not mean whole wheat. Make sure that any grain is WHOLE grain, such as whole-wheat flour, not simply wheat flour that is really just refined flour. For bread, also check the dietary fiber content—darker is not necessarily better, it may simply be caramel coloring. Look for at least 3 grams of fiber per serving, which often ensures the product is mostly, if not all, whole grain.
- **Beginning in 2006, the FDA requires food makers to list both trans fats and the major eight food allergens.** But be warned, manufacturers can still list zero trans fats if there is less than a half gram per serving, so look for hydrogenated or partially hydrogenated oils in the ingredients list.



IS ORGANIC WORTH IT?

In 2003, organic food sales hit \$10 billion, up from just \$178 million in 1980. But while organic sales are booming, the question of whether organic food merits the extra money remains unanswered.

Food certified under U.S. Department of Agriculture regulations as organic must be produced without most synthetic pesticides and fertilizers, and animals may not be treated with antibiotics, growth hormones or feed made from animal by-products. Yet the USDA doesn't make any claims that organic food is safer or more nutritionally sound and critics argue that there's no proof that conventionally produced foods are significantly harmful to your health. And even organic advocates advise against buying certain organic produce, such as bananas since any pesticide residue is likely discarded with the peel.

But, according to *Consumer Reports* magazine, a growing body of research shows that pesticides and other contaminants are much more prevalent in our food, our bodies and in the environment than previously believed, and the cumulative effect of even low-level multiple pesticide exposures has not been well studied. And studies are demonstrating that even at low doses, pesticides can be harmful during critical periods of fetal development and childhood when vital organ systems are continuing to grow and mature. This makes particularly critical the fact that the USDA's own lab testing has found that even after washing certain fruits and vegetables, high levels of pesticide residue remains. Based on this data, researchers at the Environmental Working Group (EWG) have developed a list of the 12 most contaminated fruits and vegetables — "the dirty dozen" — which when eaten can expose a person to nearly 20 pesticides a day. According to EWG, avoiding conventionally grown versions of these fruits and vegetables in favor of organic or less contaminated fruits and vegetables can reduce your pesticide exposure by 90 percent.

12 Most Contaminated Fruits & Vegetables: Apples, Cherries, Grapes (imported—Chile), Nectarines, Peaches, Pears, Raspberries, Strawberries, Bell Peppers, Celery, Potatoes and Spinach

12 Least Contaminated Fruits & Vegetables: Bananas, Kiwis, Mangos, Papaya, Pineapples, Asparagus, Avocado, Broccoli, Cauliflower, Corn, Onions and Peas

What the Labels Mean

100% Organic: Product must contain 100% organic ingredients.

Organic: At least 95% of ingredients are organically produced.

Made with Organic Ingredients: At least 70% of ingredients are organic. The remaining 30% must come from the USDA's approved list.

Free-range or Free-roaming: The rule states only that outdoor access be made available for "an undetermined period each day," so an animal may not necessarily have spent a good portion of its life outdoors.

Natural or All Natural: This does not mean organic, and there is no standard definition for this term except with meat and poultry products, which the USDA defines as not containing any artificial flavoring, colors, chemical preservatives or synthetic ingredients.

The Bottom Line

According to Tara Hatala, "Organic can be important, but how important is up to each individual. If cost for organic products is an issue, buying a non-organic item that is healthy, such as carrots, is still preferable."

An Apple A Day

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What is the best way for an individual to read and use the MyFood Pyramid?

Tara Hatala: I encourage everyone to go to the website MyPyramid.gov and research their own needs based on age, sex and activity level. There is even a MyPyramid Tracker that can serve as your own personal diet log over the period of a year, so you can see if you're meeting or exceeding your needs.

What is the difference between organic and non-organic foods, and how important are they to one's diet?

Tara Hatala: In 2002, the USDA implemented standards for organic food production. "Organic" foods are grown, handled and processed differently, but the USDA doesn't make any claims that they are safer or more nutritionally sound. Other groups support organic products because they may have fewer pesticides even if the nutrient levels are the same. Also, "natural" does not mean "organic," since sugar is a natural ingredient but is not necessarily good for you.

I think "organic" can be important but how important is up to each individual. You can look for phrases like "hormone free" and "free range" to take environmentally sound steps. Some farmers are doing good things and don't always apply for the organic label. If cost for organic products is an issue, buying a non-organic item that is healthy, such as carrots, is still preferable.

For more information, I suggest the websites: www.ams.usda.gov/nop/consumers/brochure.html and www.ers.usda.gov/briefing/organic.

If an individual's diet is balanced with adequate vitamins and minerals, do you believe that supplements are still beneficial?

Tara Hatala: This is where I get on my soapbox! I don't think supplements are necessary if you eat properly. There are many substances which we don't know about yet...it's better to eat the food than take the pill. For example, gingerroot may be beneficial, but gingerroot in a pill is not regulated by the FDA. In the early 1990's, mineral and vitamin supplement manufacturers successfully lobbied Congress, so now the FDA does not regulate their products as they do pharmaceuticals. Therefore, there's no guarantee about what you're getting. Many supplements, especially in high doses, can be toxic. Also, your body cannot use high amounts of many nutrients so it depletes them anyway. Invest the money instead on fresh produce. It tastes better too.

Through your work at The Greater Boston Food Bank, you've developed workshops for children on solid nutritional principles and healthy snacking. What role does educational play in developing healthy habits?

Tara Hatala: For all children, increased awareness of healthy food and cooking is important. Many of the kids we work with have increased barriers to healthy foods. They might not have

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An Apple A Day

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exposure to a variety of fresh fruits and vegetables, so just understanding the importance is key.

A recipe we make with kids is for a breakfast parfait, and dates are one of the ingredients. They complain at first, but then they all love them! We give the kids aprons and cookbooks, and sometimes additional ingredients to encourage cooking at home with an adult. It's hard to prove behavior change, but we can see increases in awareness and knowledge. I did a teen program and they knew what diabetes was, and the types, which was great. But other kids still didn't know that french fries come from a potato!

You were the Domestic Hunger Co-Chair for Hunger and Environmental Nutrition (HEN) during the Hurricane Katrina aftermath. With ongoing hunger problems here and abroad, and unexpected natural disasters, how can volunteers help?

Tara Hatala: The Greater Boston Food Bank has a new campaign: Donate, Eliminate, Participate. I think this can be applied to anyone who wants to help anywhere. Participate in food drives, but when you do, don't just clean out your pantry, donate the best food that you can. Think about protein, canned fruits and vegetables. Volunteer to sort or distribute food at a food pantry. In times of disaster, focus on foods that don't need cooking, single portions that are easy to open and non-perishable items that are "shelf stable." For example, thousands of oranges were donated during the aftermath of Hurricane Katrina but were spoiled by the time they were received. Also, supporting organizations monetarily goes a long way. Due to relationships with food donors and the ability to buy mass quantities, at The Greater Boston Food Bank we can stretch a donated dollar into \$5 worth of food.

What role does a food bank such as yours play in a community?

Tara Hatala: The Greater Boston Food Bank is the largest hunger relief organization in New England. A food bank serves as the "distribution center" for its area. We have 618 agencies in 190 cities and towns. We reach an estimated 320,000 adults and 110,000 children annually through our food emergency services. Last year, we moved 25 million pounds of food, including three-and-a-half million in fresh produce, which I'm very proud of.

There is a big movement among food banks to focus on nutritional quality of the products provided – not just to move snacks but to move produce as well. Agencies and clients are now looking for and requiring more nutritional products. In part, it is because hunger is a chronic problem with many returning clients, i.e. someone who has had a bad break and lost their job for quite a while.

Nutritionally, are we at more of an advantage than we were 25 years ago?

Tara Hatala: I think we're both at more of an advantage and a disadvantage. Nutritional awareness is better and, as a result, some behavior is better. However, we are also challenged by increased negative messages and poor products. Just look at the fact that a colorful, sugary cereal that can attract kids is the industry's leader rather than a whole-grain cereal. The greatest proof is the increased obesity over the past 20 years. There's something more than genetics at work.

People may believe that eating healthy can be achieved with one magical step. It can't. But it doesn't take as much effort as they may think. The most important rules to apply are the simplest: eat more fruits and vegetables, whole grains, low-fat products and watch portion sizes. The real challenge is the difference between knowing and doing. For the most part, it's common sense.

Lisa Romano Licht, SAS '81, a former editor and grants specialist, is currently a freelance writer living in Rockland County, NY.

ADDITIONAL RESOURCES RECOMMENDED BY TARA HATALA



Websites

- American Dietetic Association: www.eatright.org (choose Food & Nutrition Information, then scroll down to Consumer Resources)
- Centers for Disease Control and Prevention, Division of Nutrition and Physical Activity: www.cdc.gov/nccdphp/dnpa
- "Nutrition Action Healthletter" Center for Science in the Public Interest: www.cspinet.org

Books

- How To Get Your Kid To Eat – But Not Too Much by Ellyn Satter: www.ellynsatter.com
- Trim Kids: www.committed-to-kids.com/index.html
- The Way to Eat by Dr. David Katz: www.thewaytoeat.net
- The Volumetrics Eating Plan by Dr. Barbara Rolls: www.volumetricseatingplan.com

CAMPAIGN NEWS

VOL. 1 NO. 3 / WINTER 2007

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TOTAL RAISED TOWARD GOAL



The final steel beam in the Wellness Center construction is hoisted into place at a special ceremony attended by the CNR Community, including Chair of the Board Michael Ambler and CNR President Stephen Sweeny (pictured above).

CNR Celebrates "Topping Off" of Wellness Center

On February 28, Dr. Stephen Sweeny, CNR president, along with representatives from the College's Board of Trustees, ikon5 Architects and Andron Construction and members of the College Community gathered to celebrate the Topping Off of CNR's Wellness Center – an important milestone in construction as the highest and final steel beam was put in place. To commemorate the event, the beam was painted white and signed by representatives of the College Community, including Board members, administrators, faculty, staff and students. After a blessing of the site by CNR Chaplain Joseph Flynn, OFM Cap., all those in attendance cheered as the beam was hoisted into place and balloons were released into the sunny winter sky.

When completed, the Wellness Center will consist of technologically equipped learning spaces for classroom instruction, conferences and seminars; a state-of-the-art fitness center; a gymnasium equipped with arena-style bleachers, competition-size basketball and volleyball courts and an interior running track suspended above the gym floor; and a six-lane NCAA competition swimming pool. Other highlights include a meditation room and contemplation roof garden. The ecological design of the building as a metaphor for wellness will be eligible for certification by the U.S. Green Building Council under its Leadership in Energy and Environmental Design (LEED) Green Building Rating System®.

DESIGN FOR WELLNESS CENTER WINS AWARD

In January, the design for the Wellness Center was recognized with an award from the New Jersey chapter of the American Institute of Architects (AIA). Awarded to ikon.5 architects for its pioneering work in design and sustainability, AIA/NJ jurors cited several reasons for making the Wellness Center design one of the year's top honorees, including its successful interior spaces, integration of design features and spectacular underground pool.

"We are delighted that the ikon.5 architects have been honored with this prestigious award from their peers," said CNR President Stephen Sweeny. "Joe Tattoni and Charles Maira are consummate professionals who truly understand the mission of the College. We are fortunate to partner with them again to make our vision for the Wellness Center come to life."

TO MAKE A GIFT TO THE CAMPAIGN OR FOR FURTHER INFORMATION, PLEASE VISIT THE WEBSITE AT
WWW.CNR.EDU, CALL 1-800-474-4232 OR EMAIL CAMPAIGN@CNR.EDU.

Supporting The College of New Rochelle!

Jean Little SAS'50 – \$1,000,000



Jean Little '50 passed away in August 2005, leaving one of the largest single bequests – one million dollars – ever received by The College of New Rochelle. Her 55-year alumnae experience is really a love story, complete with passionate communication, growing understanding and appreciation, many, many gifts, and even the occasional “lover’s quarrel!” We celebrate her life and her deep connection to CNR. How fortunate that we are, in a spiritual and substantive sense, Jean Little’s heirs.

In her last year, Jean Little had a distinct waver in her voice, but that never stopped her energy for communication. Actually, nothing wavered about Jean. From our first encounter at a President’s Circle dinner to my last lunch with her – talking about our favorite shoes in a sunny Calvary Hospital courtyard in the Bronx – her values had become like familiar monuments to me. Even in those final conversations, I could feel the warmth from their stony outlines: conservative Catholicism, the Ursuline tradition, the sovereignty of any Pope, enthusiasm, Christ’s caritas, “class,” positive thinking, the bald truth, serving the less fortunate, and her College, her wonderful College

which had changed so much in her lifetime.

No one was prouder of the evolution of CNR than Jean Little. “I love that damn school!” she once said to a former CNR board member. In fact, over the years, Jean readily admitted that she had grown fonder of the College Community since her graduation in 1950. Others of her generation might have expressed concern about the difference between the mid-twentieth century and the millennial CNR. Not Jean. She celebrated the change, especially the College mission so faithfully extended to the Graduate School, the School of New Resources, and the School of Nursing. “Thank you for CNR; it practices what He preached.”

Why did her love grow for her alma mater? Lifelong learning was a constant theme in Jean’s life. She earned her master’s degree in Administration and Supervision from Columbia University and pursued further graduate study and research at the University of Oregon, University of Illinois, Harvard University and the Piagetian Institute at the University of Geneva, Switzerland.

Serviam was an equally shaping force. During her 35 years in the Scarsdale Public Schools, Jean was enormously effective in supporting teachers, founding the Scarsdale Teachers Institute, holding office in the Scarsdale Teachers Association and chairing the Professional Development Grant and Leave Program for teachers. From being President of Delta Kappa Gamma, an honorary teaching society, to leading in-service workshops and sharing her extraordinary expertise in teaching writing to young students, Jean truly worked tirelessly, over and above her professional responsibilities.

Her individual commitment to *Serviam* also found its way to fund-raising. In this, she was the consummate

volunteer. How she loved to remind President Sweeny and all of us that “I took my class from \$11,000 in 1991 to \$233,000 in 2000.”

Jean was also the kind of fund-raiser who gives *first*.

As passionate and focused as Jean could be with her legendary fund-raising for the 45th reunion, she was also exquisitely tender to small children. For Michael Tweeding in 1983, the learning disabled 4th grader who wrote her a valentine in his own hand, Jean Little was the quintessential teacher:

Grand Teacher
Miss Little
Friendly thoughtful
Kind fun maker
The best teacher too
Miss Little
Stricked and forceful (sic)
Helps kids in trouble
Teaches spelling
The best teacher
Makes things fun
Helps troubled kids
Understands bads spellers (sic)
Makes kids work
I never forget
Miss Little

Indeed, Jean was a “kind fun maker.” She was deeply happy in her independence and in her rich spiritual life. Her homes on Long Island and in Connecticut gave her great pleasure, and she delighted in her privacy and ability to move about as she wished, traveling widely, and often exotically.

At the end, Jean managed her passing with the same keen intelligence and steady will power as she did her life and her work. Even her flashes of anger at the inevitable invasion of her privacy spoke to her ferocious grasp on the independence she gloriously achieved for 80 years.

TO MAKE A GIFT TO THE CAMPAIGN OR FOR FURTHER INFORMATION, PLEASE VISIT THE WEBSITE AT
WWW.CNR.EDU, CALL 1-800-474-4232 OR EMAIL CAMPAIGN@CNR.EDU.

Jean will forever be an exemplary CNR graduate — a confident woman of the world who invested deeply in the next generation; a lifelong learner, a lifelong giver of her time, talent and resources; a deeply Catholic woman who

found her own voice — however different its timbre — and used it to magnificent effect.

She lay in repose in the Castle Parlors of her beloved College the morning of her funeral Mass which was celebrated in

Holy Family Chapel surrounded by classmates, friends and former students.

We celebrate her life and her deep connection to The College of New Rochelle.

— Carole Weaver

Supporting The College of New Rochelle!

Judith Kenny SNR'82

\$500,000 from Judith and Dennis Kenny

I always wanted to complete my college degree. Having spent many wonderful years being a wife to Dennis—the love of my life—and the mother of our four children, I willingly postponed achieving my dream.

When my children were older, I discovered the College's School of New Resources through friends who had attended SNR and gone on to graduate schools, law schools and exciting careers. It was my turn!

At first, I felt somewhat awkward being an adult on CNR's Main Campus. My first instructor, however, proved to me that I had made the right decision. Marie Celine Miranda, OSU engaged and challenged all of us in her classroom. For the first time in my life, I understood the concept of a liberal arts education. I was energized by participatory learning. My adult colleagues brought to our discussions a wide variety of backgrounds, and we learned from each other as well as from our professors. I left well prepared for graduate school.

Since graduating almost 25 years ago, my relationship with CNR has continued to deepen, evolving from student, to tutor, to graduate, to volunteer, and now to benefactor. It was an honor to be the first SNR graduate to be president of the Alumnae/i Association in 2000. For two years I worked with others in the Office

of Alumnae/i Relations to incorporate the campuses of the School of New Resources more fully into the life of the College. I am especially proud of that work.

So, my giving back financially to the College was a natural progression. I watched as students with limited financial resources were given the opportunity to attend college, and to succeed because of the kindness of others. I have seen first hand how CNR enriches itself by enriching each student's experience here.

All our married lives my husband and I have supported the schools that have given so much to both of us. My husband is an active and involved graduate of Fordham University law school. When I graduated from the School of New Resources in 1982, Dennis and I agreed that CNR should receive "equal time in the checkbook." (Dorothy Ann Kelly, OSU will be pleased to know that we were listening!) That is what we are committed to continue to do.

We do it because I am especially proud of how the School of New Resources lives the mission of The College of New Rochelle. I admire the leadership of the College for starting the School of Resources and expanding access to a liberal arts education to those with nontraditional histories. My perspective will always be that of an SNR graduate within the larger context of the



College. That perspective also makes me very supportive of the new Wellness Center — a facility that will enrich lives and provide accessible wellness and health education to thousands of students and their families. It is another expression of the College's mission which I value and appreciate.

Those of us who have benefited from this great institution haven't forgotten that we, too, were given a helping hand. That "helping hand" has made all the difference in our lives. We hope to continue to make a difference in the lives of the students and faculty at The College of New Rochelle.

CNR Celebrates Commencement

BY REACHING OUT TO THOSE IN NEED IN NEW ORLEANS

This year, the College celebrated the achievement of its 99th graduating class by truly living its mission of education for service – reaching out to help the battered City of New Orleans by spearheading a fundraising effort within the CNR Community to aid Xavier University, the nation's only Catholic black college. By November, that effort had yielded more than \$56,000 in donations to Xavier.

"It may seem odd that I would encourage donations to Xavier," said CNR President Stephen Sweeny. "However, I believe it is part of our nature as a Catholic institution to reach out to those most in need. Xavier needs our help, and I know the nation and all of us will be better for their restored health."

The top college in the nation in the number of African-American undergraduates receiving degrees in biology and the life sciences and the Doctor of Pharmacy, in fall 2005 in the staggering devastation of Hurricane Katrina, the campus was totally under water and every building was flooded and ravaged by damaging winds.

Yet within weeks of the disaster, Xavier President Norman Francis declared that Xavier would reopen for the second semester, a feat that with remarkable faith and determination they accomplished. In recognition of his leadership of Xavier for the past 38 years and during the aftermath of Katrina, the College welcomed Norman Francis as this year's Commencement speaker.

Addressing the Class of 2006 and their families and friends, Francis asked the graduates to live the message of Hurricanes Katrina and Rita by demonstrating the qualities of leadership, perseverance, determination, courage, unselfish service, loyalty, unrelenting faith and sensitivity for the pain and suffering of others.

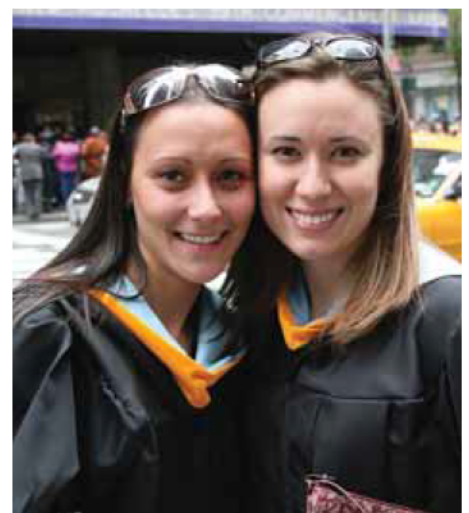
His credentials for this edict, says Francis, "My wife and I were evacuees, displaced from our home for four and a half months, now living in our second interim abode, and like thousands of other Louisianans, committed to rebuilding our lives, homes and region. This will not be easy, but we will carry on!"

Describing the devastation Hurricane Katrina wreaked on the people of New Orleans, Francis applauded their spirit, as well as the herculean effort put forth by 50 Xavier staff members – 90 percent of whom had lost their homes – who worked 24/7 to ensure the University reopened in January 2006, welcoming back 76 percent of its students.

"In the wake of Katrina, we have never asked whether we should rebuild. The question was when could we start?"

Norman Francis then went on to call on the graduates to, "Never take for granted the privileges, blessings and people you hold dear... Do not over-value the material things you own or hope to acquire... Face your crises of the future with determination to eventually overcome through perseverance and focus... Share your talents and resources generously... Have faith in yourself and the Almighty... Do not be so proud that you forget to pray in your own way and to seek support at all times... Remember our collective futures are dependent upon our elimination of prejudices be they race, color, gender or religious beliefs..."

"This Class of 2006 must be committed to work to create a more just and humane society," Francis continued. "Know that there is indeed a place for your service and leadership wherever you are now or will be later. Your productive ideas for change are needed to improve the quality of life issues in this



city, state, nation and indeed globally. You have been especially prepared at The College of New Rochelle to make your mark! The founding and mission of this institution goes to the heart of providing opportunity and empowerment for good work. Spread the message! This is today your beginning, your Commencement! It is the beginning, not the end."

As they rose to applaud Norman Francis for his inspiring words, the Class of 2006 also applauded him as he received an honorary degree from the College, along with Thomas Hales, Chairman, President and CEO of U.S.B. Holding Company, and Linda Kelly, New Rochelle Superintendent of Schools.

During the presentations, Francis was lauded for his service to higher education, courage and leadership. Hales was recognized for his commitment to serving others, his devotion to family and faith and his professional integrity. And Kelly was praised for being a model of a woman of achievement who makes a significant difference in the lives of others, especially children.

Then the 1,466 graduates of the Class of 2006 rose to receive their degrees. Crossing the stage at Radio City Music Hall, they waved to family and friends, celebrating their accomplishment, but many also paused to shake Norman Francis' hand, demonstrating that they had taken to heart his message of faith, hope and determination to make the world a better place.

— Lenore Carpinelli

Photos facing page, counter clockwise:

Posing with CNR President Stephen Sweeny (left) and CNR Board Chair Michael Ambler (right) are honorary degree recipients (from left) Norman Francis, Linda Kelly and Thomas Hales.

Husband and wife Andres Ramos & Chelsea Ayala graduated from SNR.

SAS graduate Joanna Di Mattia waves to family and friends.

SN graduates Nina Marino & Amy Tyburczy.

Photos this page, clockwise:

The stage is set at Radio City Music Hall for CNR's Commencement.

Dr. Norman Francis, President of Xavier University, addresses the Class of 2006.

SNR Brooklyn Campus director Darnley Osborne embraces Sterling Clinton.

Glenda Lee Olivera SAS'06 & Melody Guerrero SAS'05



Xavier Says Thanks

In a recent letter to CNR President Stephen Sweeny, Xavier's president, Norman Francis, thanked the College for its support of his institution.

"Your outstanding financial support during this crisis was not just affirming, but it gave us great comfort that there were people and organizations who were sharing with us our pain and our loss, and saying that we want Xavier University to come back. I assure you that your support, prayers and offers of help strengthened our resolve and made all the difference in the world... Again our thanks for your great leadership and support of Xavier! The community of The College of New Rochelle is magnificent. I am privileged to be part of its legacy."

New School of Nursing Dean Named

In July, Dr. Mary Alice Donius became the Dean of the College's School of Nursing. Donius succeeded Dr. Donna Demarest, who retired after 25 years of service to the College, including the last seven as dean of the School of Nursing.

"Dr. Donius brings to this position a long and impressive history in the fields of nursing and nursing education, and she is a highly regarded member of the CNR Community," said CNR President Stephen Sweeny, in making the appointment. "Her experience and profound passion for the mission of CNR is congruent with our current needs and future goals for the School of Nursing. Dr. Donius is a woman of wisdom, integrity, energy and commitment, and I am confident her leadership will greatly benefit CNR."

An Associate Professor in the College's School of Nursing and coordinator of the Master's Program in Nursing at the time of her appointment as Dean, Donius came to the College in 1997 from her position as Director of Medical Center Education and Professional Development for Sound Shore Medical Center of Westchester.

"I look forward to working with the dedicated faculty here at CNR," says Donius. "We will continue to create programs that advance nursing education for our students and the community, as well as address the ever-evolving needs for today's complex healthcare industry."

She has held previous positions as clinician and educator in a variety of settings, including the Columbia University School of Nursing, where she was Director of the Undergraduate Program, and at Sound Shore Medical Center, where she had a faculty practice.

A graduate of D'Youville College with a bachelor's degree in Nursing, she also holds a master's degree in Education and a doctorate in Education from Columbia University Teachers College and a post-master's certificate in Holistic Nursing from The College of New Rochelle.



Ursulines Celebrate 150th Anniversary

The Ursulines of the Eastern Province closed their sesquicentennial celebration with a special Mass at the College in June. During the Mass, celebrated by the CNR chaplain, Father Joseph Flynn, OFM Cap., 25 sisters, including Sr. Claire O'Mara '45 (pictured), placed a red rose in a vase in honor of their work overseas. Sr. Claire served in Peru and Mexico.

In 1855, a small group of Ursulines arrived in the East Morrisania section of the Bronx from St. Louis, Missouri to open a school. Members of this group of Ursulines later were invited to the new parish of St. Theresa in Lower Manhattan to teach girls in the parish school and soon after added a private academy. In 1897, Mother Irene Gill, superior of St. Teresa's Community, and the Ursulines came to New Rochelle where they opened the Ursuline Seminary for Girls in Leland Castle. Then in 1904, Mother Irene founded the first Catholic college for women in New York State, The College of New Rochelle. *Photo provided courtesy of Maria R. Bastone.*

STUDENTS ARE URGED TO CONSOLIDATE LOANS

At a press conference held in June, on the Main Campus of CNR, Congresswoman Nita Lowey (D-Westchester/Rockland), met with dozens of students to discuss two permanent changes to student loan programs, changes which according to Lowey will significantly increase student and parent borrowing for college, making the college affordability crisis worse. Congresswoman Lowey urged students to consolidate their college loans before proposed federal legislation became law in July.



Dr. Lynda Shand (center) speaks to Blythedale nurses Arlene Proctor (left) and Nicole Annunziato during a class break.

School of Nursing Offers First On-Site Palliative Care Program at Blythedale Children's Hospital

The School of Nursing has launched the first on-site program in Palliative Care for staff at Blythedale Children's Hospital. Unlike hospice, which specifically addresses end-of-life care, palliative care is much broader. It encompasses a host of physical, emotional and psychological issues for patients of all ages who may cope with a life-limiting or life-threatening condition for years, as

well as extensive periods of rehabilitation. For example, younger patients may deal with cancer, pulmonary disease, trauma, cerebral palsy or spina bifida.

"People with chronic medical conditions are living longer, fueling the need for chronic health care services nationwide," said Dr. Lynda Shand, Associate Professor in the School of Nursing. "By offering this program on-site at Blythe-

dale, we want to work with the hospital to sharpen its staff's skills in palliative care. This is an important area that is expected to increase dramatically in the future."

Open to all direct care givers at Blythedale, the first class of 25 students included nurses, physicians, nursing attendants, psychologists and therapists (respiratory, speech, physical).

"Dealing with life-limiting and life-threatening issues is always difficult. When the patient is a child, perhaps even a newborn, it becomes even more complex," said Dr. Linda Hurwitz, Chief Nursing Officer at Blythedale Children's Hospital. "We are delighted that CNR along with Blythedale is pioneering this program at our healthcare facility. It will be a great asset for our entire staff to approach each child and family with the same philosophy and framework."

Based in Valhalla, NY, Blythedale is dedicated to improving the health status and quality of life of children with complex medical and rehabilitative needs. It currently employs over 400 people. Going forward, the School of Nursing plans to repeat the on-site program several times to maximize the number of hospital staff with advanced palliative care skills.

Graduate School Adds New Program in Mental Health Counseling

The Graduate School has introduced a new 60-credit master's degree program in Mental Health Counseling that will prepare graduates for state licensing requirements. This announcement follows a decision by the NYS Department of Education to require mandatory licenses for all mental health counselors as of January 2006. Previously, there was little regulation in this quickly growing field.

"The demand for qualified mental health professionals has skyrocketed over the past 10 years in all segments of American society," said Dr. Marie Ribarich, Assistant Dean of Human Services at CNR's Graduate School. "Our goal with this program is to successfully address a critical need in society today. Graduates will be prepared to counsel individuals, groups and families of all ages. Once licensed, they may seek employment in hospitals, mental health clinics and in private practice."

According to the National Institute of Mental Health, an estimated 26.2 percent of American adults suffer from a diagnosable mental disorder in a given year. When applied to 2004 U.S. Census numbers for people ages 18 and older, this figure translates to 57.7 million people. Major depression is the leading cause of disability worldwide among persons ages

five and older. In the U.S. and Canada, mental disorders are the leading cause of disability for people ages 15-44. This term includes (but is not limited to): depression, anxiety, schizophrenia, obsessive-compulsive disorder, suicide, eating disorders, ADHD, autism and even Alzheimer's disease.

"The best candidate for our new program is someone who has a strong desire to help clients with emotional and psychological problems and to make a positive difference in their lives. This program will appeal to those with a social work, sociology or psychology background as well as to career changers looking for a more meaningful vocation," added Ribarich.

Building on the success of the Graduate School's Guidance & Counseling Program, the Mental Health Counseling Program offers a well-rounded curricula of 20 courses, all taught by current GS faculty. Practicum and 600-hour internship experiences will further develop students' counseling skills and professional expertise. The program emphasizes an applied, practical approach to learning rather than a research-oriented emphasis. Students may begin their program in the summer, fall or spring semesters, with flexible weeknight and weekend courses.

ALUMNAE REUNITE, REACQUAINT AND REJUVENATE AT Alumnae/i College 2006

Nothing warms early summer days like the gathering of old friends.

During a weekend in June, more than 200 friends and classmates from classes ending in 1s and 6s gathered at the College for the 68th Annual Alumnae/i College Weekend to reunite, reacquaint and rejuvenate. Friday evening was a time to kick back, share memories and simply enjoy each others' company during strolls across Maura Lawn and late night chats in former dorm rooms.

On Saturday morning, CNR President Stephen Sweeny welcomed guests to the keynote address, "What is an Ethicist?" delivered by Dr. Daniel P. Sulmasy, a Franciscan Friar who holds the Sisters of Charity Chair in Ethics at St. Vincent's Hospital—Manhattan. A medical ethicist and author of *The Healer's Calling*, a book on spirituality for healthcare professionals, Dr. Sulmasy spoke about the role of the medical ethicist in a field where advanced technology as a means to keep people alive can be a double-edged sword.

"Everything that can be done today now brings the added burden of deciding whether it ought be done," he said, adding, "I guarantee that every one of you gathered here today will face decisions about the use of medical technology either for yourselves or your loved

ones." At the conclusion of his address, Dr. Sulmasy answered questions from an audience anxious to hear more about the subject on topics from dealing with unsettled family matters as a loved one nears death to how religiously affiliated hospitals deal with procedures and treatments that are in conflict with church teachings.

After presentation of the Angela Merici, *Ursula Laurus*, and Women of Achievement awards, reunioners moved to the Student Campus Center for a celebration luncheon and later attended Mass in Holy Family Chapel.

That evening while the Class of 1956 enjoyed a Golden Anniversary Tribute Dinner in the Castle Parlors, other classes celebrated reunion with a barbeque on Maura Lawn. As is the case every year, Sunday morning's breakfast was lingered over for as long as possible before everyone prepared for a very reluctant departure.

— Irene Villaverde

A: Members of the Class of '81 – Kathryn Dieumegard Austin, Christine Nelson Lorusso, Alexandra Clarke Melograno and Sandy Liddy Bourne.

B: Members of the Class of '91 – Chris Ollendorf Barone, Katia Hale Mason, Doreen Delage Napoli, Noel Duplessis and Cathy Torre Flood.

C: Members of the Class of '86 – Shirley Griffith Viscarello, Gina D'Aprile Riberi and Christine Westcott Hubert.

D: Daniel P. Sulmasy, OFM, MD, PhD, a Franciscan Friar who holds the Sisters of Charity Chair in Ethics at St. Vincent's Hospital – Manhattan and serves as Professor of Medicine and Director of the Bioethics Institute at New York Medical College, speaks on "What is an Ethicist?"

E: Peggy Prebish Sciommeri SAS'86, Anne Bunting, OSU '49, Patricia Crichton Harris SAS'86, Ellen Esslinger Cooley SAS'86 and Frannie Zankl Grasso SAS'86.

F: Jeanne Ryan Baio SAS'96 with her son during the keynote address.

G: Members of the Class of '56 – Helen Donovan Grayson, Anne Hennigan O'Neill, Beth Dowd, OSU, Doris Koerner Cafiero, Elaine Cukras Grogan, Peggy Gleeson Becker, Jane Quinlan Watson and Naomi Roche Fonseca.

H: The Angela Merici Medal recipients pose with CNR President Stephen Sweeny (from left), Lela Keough Negri '56, Margaret Reynolds Charles '51, Marlene Melone Tutera '71, Rose Cuomo Coviello '41, Dr. Sweeny, Oona Burke Sullivan '51 and Colleen Duffy '81.





Women of Achievement Award

Joan Henderson Cook '51
Mary Sommer Sandak '71

Ursula Laurus Citation

Electa Bachmann O'Toole '46
Kathleen McEntegart '56
Eleanor Pratzon Rae '56
Kathryn Gleeson '61
Dolores Castellano King '61
Gloria Malankowski Weisz '61
Mary Anne McCann Boyd '66
Marge O'Connor '66
Anne Marie Nichol Hynes '71
Ellen Mannix Lynch '71
Anne Hunter MacArtney '76
Michele McMahon '76
Lisa Besseghini-Winjum '86
Gina D'Aprile Riberi '86
Eileen Songer McCarthy '91

Angela Merici Medal

Rose Cuomo Coviello '41
Margaret Reynolds Charles '51
Oona Burke Sullivan '51
Elizabeth Sculley Donovan '56
Lela Keough Negri '56
Marlene Melone Tuteria '71
Colleen Duffy '81



All Is God's Grace

A Founder's Day Reflection

I got my job through the *New York Times*. I arrived at CNR in August 1976, the same day as the new Dean of the new School of Nursing. I was to be the Assistant to the Provost, Dr. C.J. Denne, and Affirmative Action Officer, and my office was on the second floor of the Castle. Except for a year or two on the top (third) floor of the Castle and a few months in Xavier (now the Mooney Center), I have been on the second floor of the Castle for these 31 years.

By Stephen J. Sweeney, Ph.D.

I'm a kid from the Bronx and the Bronx is always in your blood. I delight in particularly resonating with the student bodies of our Co-op City and John Cardinal O'Connor campuses. When I visit with them, we always wind up sharing stories of Bronx streets and neighborhoods, schools and places of interest. It is always in your blood.

My first connection with the Ursulines was – and I presume it was the same for so many parochial school kids in this country – the famous Emmanuel Speller. Do you remember that name – Mother Emmanuel – Ursuline authoress of the famous speller? When the teacher, usually a Sister, moved the class into a spelling lesson, it was never “class take out your speller,” it was always “take out your Emmanuel speller.”

So many girls in the neighborhood went off to Mt. St. Ursula, the Ursuline high school in the Bronx. They would keep us entertained with the stories of Bedford Park and the Ursulines. Some of those names still remain in my memory from those stories – but discretion and a sense of confidentiality honed over years of work in administration keep them safely locked away.

Young women of the neighborhood, too, came to The College of New Rochelle. But I only knew CNR as a place in stories, and the nuns as the stuff of the legends being repeated, being embellished. One Ursuline I knew from the stories of my friends particularly stood out, maybe even stood above all the rest. The young women spoke of her with great respect, sometimes awe, as they conveyed the trying challenges of college life and this nun's witness of intellect and leadership. Her name was Mother Mary Peter, she was Dean, ultimately 7th President of CNR, and happily I would go on to meet her in person and then cherish always her friendship from my early days here. In 1976 Mother Mary Peter, Sr. Margaret Carthy, was herself just returning to the College from her own painful pilgrimage and became second Dean of the Graduate School and graced the life of the Sweeny family for the rest of her life.

So here I was arriving in August 1976, knowing the College only from

stories, never ever imagining that I would spend all these years here – never picturing that I would be given the opportunity or chosen to be President. But, CNR quickly did become home and the CNR Community family far beyond my ability to describe it. That first day, as the beneficiary of the genuine kindness and warm welcome of Jack Denne, Fran Miceli, Sr. Dorothy Ann, Sally Leonard, and just about everyone I met, I discovered that this was not going to be a transitional job. This was going to be an environment for personal success and satisfaction of long duration and that the growing list of CNR friends would sustain me over these three decades.

So on Founder's Day – one person asks – “What did I find here?” “Why did I stay?” I stayed here simply because of what I found here. The profile in 1976: Arts & Sciences was about 900 students then under Katherine Hendersen, as Dean. Graduate School was a few hundred under founding Dean Catherine Haage, and New Resources at three locations, New Rochelle, DC37 and Co-op City – Einstein Loop – was already showing signs of being the perfect match of a liberal arts education and adults returning to school – although so much explanation had to be given constantly to Middle States and New York State. The Dean of the School of Nursing, having just arrived with me, went about getting faculty to create with her the program of the School. Students were to come after a semester or two of planning.

But what I found and have treasured for all these years were the people – the faculty, staff, students, Trustees, alumnae – and, in a category by themselves – the Ursulines. The College has been a community which models the very values with which the Ursulines gifted the College: a belief in the presence of a personal God active in the world, the recognition of the importance of the life of the spirit and of corporate worship in the life of faith, a commitment to excellence, to the promotion of independent, personal thought while fostering individual distinctiveness within a sense of community. Here I found a particular commitment to women and to others

by-passed by society's systems and institutions. Our university community proudly professes a commitment to academic freedom exhibited in practical terms. Paying attention to the whole person, here is provided training of will and heart holding to the importance of life-long learning. At CNR I found intellect and compassion journeying together. Here in faithfulness to its Ursuline heritage, the College values service as an outcome of education, acting on a practical concern for issues of justice, with the willingness to take risks and make changes. All in all, I found here the awesome gift of the Ursuline charism, lived out by hundreds of very devoted men and women, Ursulines and laypeople, at the heart of what we do. This is what I have experienced over these more than 30 years.

It is the vision that drives us and keeps us faithful to our call to be a university of excellence: in freedom, faith and reason journeying together seeking truth, bringing wisdom to the questions of our age, in an inclusive conversation – for all are welcome to this conversation – all ages, socio-economic backgrounds, races, ethnic heritage, religions.

So I found here, 30 years ago and since, a College aligning itself to Jesus' self-proclaimed mission: “I have come that they may have life and have it in abundance.” Higher education is understood as a most worthy, privileged arena for transforming lives – and, I found a place good at it. We give information. We strengthen skills. We foster independence. We promote respect for individual differences. We point to the galaxy of possibilities. We foster self-understanding, self-respect, self-confidence. Above all, we touch people. We



Statue of Madonna and Child in front of the Student Campus Center.

touch lives.

I never, ever looked over my shoulder to question coming here or to seek new and more exciting challenges. It was all here – in mission and in the people who were and are always the principal resource in implementing that mission – you and the hundreds who came before us.

On that August 1976 morning, I never could have dreamed in my wildest moments that I would be spending more than 30 years here and if that isn't enough of a stretch – to become the 12th President now for 10 years.

All is God's grace. Aren't we blessed by the CNR connection? And all of this is now in our hands to be passed on to future generations. As I walk with you in this sacred task – strengthening CNR and handing it to those who follow us – I think this great gift is in very good hands. How smart I was to come here and to stay here. Happy Founder's Day! I am so very proud and fortunate to be the 12th President of The College of New Rochelle.



The 2006 Serviam Award winners (from left):
Helene Forster SNR'07, Tegan Nguyen SAS'07,
Taisha Medina GS'08 and Gabrielle Carrasquillo SN'08.

Celebrating Service Focus of Founder's Day

More than a century since its founding, the emphasis on the importance of service can still be felt each day at CNR, but on no day during the course of the year is that more evident than on Founder's Day.

"Here in faithfulness to its Ursuline heritage, the College values service as an outcome of education, acting on a practical concern for issues of justice, with the willingness to take risks and make changes," said CNR President Stephen Sweeny, reflecting on his 30 years at the College during a luncheon speech to the College Community. "All in all, I found here the awesome gift of the Ursuline charism, lived out by hundreds of very devoted men and women, Ursulines and laypeople, at the heart of what we do."

During the luncheon, the College Community also paid tribute to four students who devote themselves to serving others with the bestowal of the Ursuline Institute's annual *Serviam* awards – Gabrielle Carrasquillo of the School of Nursing, Helen Forster of the School of New Resources, Taisha Medina of the Graduate School, and Tegan Nguyen of the School of Arts and Sciences.

Well before coming to CNR, Gabrielle Carrasquillo compiled an impressive record of volunteer service – a record she has only added to as a student at the College. A peer minister and student member of the College Liturgy Committee, she participates in Midnight

Runs and has also taken part in the International Plunge in Brownsville, Texas and Matamoros, Mexico and in the Intersession service project at Hale House.

With a wide range of service activities to her credit, Helene Forster has been a learning leader for the NYC Board of Education, volunteered for the annual Christmas project in the office of the Brooklyn Borough President and served her church by coordinating programs for singles. Most significantly, since 1982, she has worked through the church to help individuals and families deal with the loss of loved ones by offering personal support and practical assistance in making all the necessary arrangements.

Very involved in serving others as an undergraduate, since coming to CNR as a graduate student, Taisha Medina has worked to build a support system for children who have AIDS or whose families have been affected by AIDS. She has also traveled to Mexico to offer direct service to the poor and credits her volunteerism with giving her a new perspective and a desire to give back to the community.

In high school, Tegan Nguyen worked for the Jimmy Fund to raise money for research on children's cancer – work she continues each summer, when she also volunteers as a music camp counselor. Last summer, she and a group of friends formed an organization

to support burn victims and children born with physical deformities. During the school year, Tegan volunteers in the Lord's Pantry, a program that delivers food to the homebound, and raises funds for Midnight Runs.

After lunch, the celebration of service continued with a booksigning by Irene Mahoney, OSU, who signed copies of her new book, *Lady Black Robes: Missionaries in the Heart of Indian Country*, the story of the Ursulines of Montana, who in 1884 left Toledo, Ohio to establish schools for Native Americans in Montana even before it was a state.

"What they found was a destitute people – bewildered by the inroads of what the White Man called civilization," said Sr. Irene at the Founder's Day luncheon. "Their land had been taken, their buffalo killed: they lived in unutterable misery. What could six young, inexperienced women do in the face of such deprivation? They could not turn back the clock, they could not save a destitute people. But they could do something. And they did. In less than 30 years, the six original missionaries had grown to 67 and the mission schools they had founded numbered nine. For the next 100 years, they lived out their inheritance of service," just as the CNR Community lives out their inheritance of service and contributes to it each day as well.

– Lenore Carpinelli



Gathering for the Gallery's 25th Anniversary were (from left) current Castle Gallery Director Jennifer Zazo and her predecessor Wennie Huang, along with Ellen Kenny, the very first Director of the Gallery.

THE CASTLE GALLERY: 25 Years of Imagination

Imagine a place tucked away in a stone castle where you can discover sailing women, flying saucers, spinning carousels and an elephant's headress. Imagine a place where each room is adorned with dramatic photographs, spectacular sculptures and extraordinary paintings. Imagine a place where you can go to just imagine...

For 25 years, the Castle Gallery has been such a place for thousands of visitors who come to enrich their lives as they expand their understanding of art in its many forms. Housed in Leland Castle, the Gallery first opened its doors in 1980 with an exhibition showcasing the works of faculty members. Since then, exhibits such as "Diner: An American Art Form," "Fashion Before the Vote," "The Waking Dream: Psychological Realism in Contemporary Art" and "The Black Madonna," have provided a rich diversity of art experiences for art lovers and students alike. From the traditional to the avant-garde, from the classic to the contemporary, works presented at the Castle Gallery continue to provoke curiosity and to enlighten the curious.

Last May, the College celebrated the Gallery's silver anniversary with a reception in Leland Castle where guests enjoyed posters, postcards and brochures representing the Gallery's 118 past exhibitions displayed throughout the parlors. "For those who have a long history with CNR and have witnessed the changes that have taken place in the Gallery, the display surely elicited fond memories," said Gallery Director Jennifer Zazo. "For those just discovering the Gallery, it was a glimpse into the history of one of the community's most important educational resources."

In a congratulatory letter to Zazo and the Gallery Board of Directors, CNR President Stephen Sweeny echoed the sentiments of those gathered. "So often, quietly and unobtrusively, I have been able to find refuge in the Gallery for wonderful moments of inspiration and restoration," he said. "Colleges, of course, by mission are places of imagination and contemplation. Artists and the work of their hearts and hands have a privileged place here then, and I am deeply grateful for the special place the Castle Gallery has assumed in the life of the College."

— Irene Villaverde

50 YEARS OF POWWOW OPENS CASTLE GALLERY'S 26TH SEASON

To mark the launch of its 26th season as a leading cultural resource in the metropolitan New York area, the Castle Gallery hosted "50 Years of Powwow," an exhibition designed to broaden awareness about the history and significance of Native American culture. "Powwow" was originally conceived and organized by the American Indian Center of Chicago and developed by The Field Museum (Chicago, IL) where it was first exhibited in 2003-2004. Now offered as a traveling exhibit, the Castle Gallery was the first venue on the tour.

Powwow has long been a vital part of the Native American community, providing an opportunity to celebrate Native culture and pass on important traditions.

The exhibition, organized around five main themes – The Drum, The Grand Entry, Male Dancers, Female Dancers and Community – featured 50 beautiful color and black and white photographs that portray the history of Native American powwow. For the site-specific portion of the exhibit, the Castle Gallery selected works by contemporary Native American Indian artists, such as Maria Hupfield, Barry Ace, Becky Olvera Schultz, Jeffrey Gibson, Diane Schenandoah, Wayne Waterman, Bently Spang and Bert Benally.

Right: At the opening reception at the Powwow exhibit, the Redhawk Native American Arts Council gave a special presentation of traditional Native American music and dance.

Below: Saadia Del-Llano SAS'88 and her daughter view the Powwow exhibit.



New campus directors Dr. Barbara Adams, Darnley Osborne and Dr. Joseph King.



SNR Appoints Three New Campus Directors

Three School of New Resources campuses are now under new leadership. In March 2006, Dr. Barbara Adams became director of the Rosa Parks Campus in Harlem, and Dr. Joseph King took over the reins at the John Cardinal O'Connor Campus in the Bronx. Darnley Osborne was named to his new position at the Brooklyn Campus in Bedford-Stuyvesant in July.

"Our new directors have been affiliated with the School of New Resources for many years," said Elza Dinwiddie-Boyd, Dean of SNR. "Each has proven to be an outstanding educator with excellent leadership and administrative skills. As they assume their new positions, we are confident that Barbara, Joseph and Darnley will continue to inspire students and help the College continue its outstanding record of success."

Dr. Barbara Adams joined the School of New Resources in 1998, as an adjunct instructor at the Rosa Parks Campus. In 1999, she became a member of the Instructional Staff in the area of Letters. Six years later, Adams was named Assistant Campus Director, then Acting Campus Director, before taking on her current role.

She holds a bachelor's degree in Black Studies from Hunter College and both a

master's degree in African-American Studies and a doctorate in African Literature from Temple University in Pennsylvania. A published author, Adams' books include *Dr. John Henrik Clarke-The Early Years*; *John Henrik Clarke-Master Teacher*; and *A Critical Analysis of HIV/AIDS Diagnosed African American Women*. In 2005, two of her essays were featured in the *Encyclopedia of Black Studies*. She is the recipient of numerous awards, including the Herbert V. Nussey Award for Future Teachers in America and the Castillo Cultural Center Award for Celebration of Black Women.

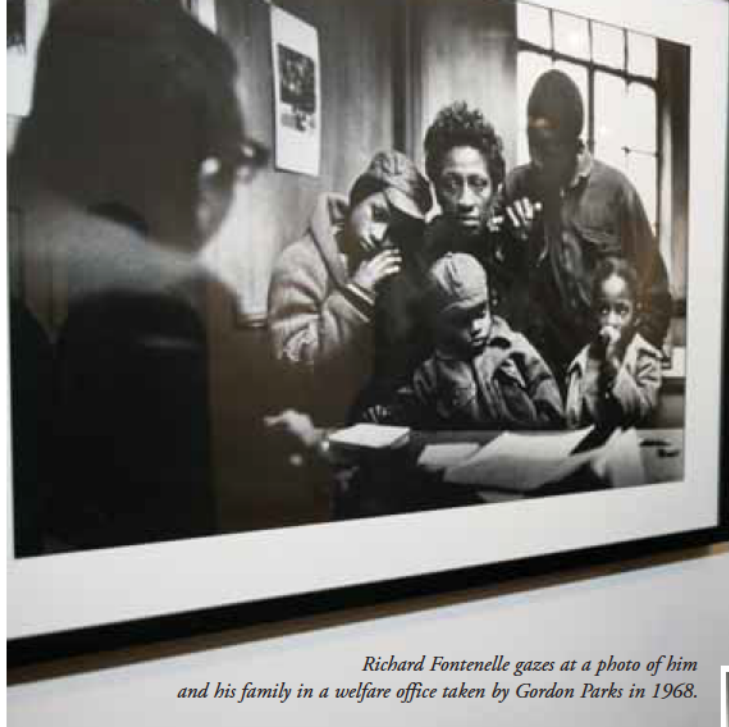
Dr. Joseph King first became affiliated with the School of New Resources in 1982 as an adjunct professor at the Co-op City Campus. A year later, he became Director of Assessment there. Subsequently, King left the College to continue his education and career, returning to the School of New Resources in 1991 as a member of the Instructional Staff in the area of Letters/Humanities at the John Cardinal O'Connor Campus. He was appointed Assistant Campus Director at the JOC Campus in January 2005 and as Campus Director in March 2006.

A native of Guyana, King received a

bachelor's degree in Education and School Administration from the University of Toronto, Canada and a master's degree in Academic, Psychological, Testing and Measurement from the University of Guyana. He holds a doctorate in Educational Leadership from the Fischler Graduate School of Education, Nova South Eastern University, Florida. He is also a graduate of the Guyana Teachers' Training College.

Darnley Osborne began his career at the School of New Resources in 1972 when he was hired as the Director of Advisement at the DC 37 Campus. In 1989, he became a member of the Instructional Staff in the area of Social Science. In that role, Osborne advised students in their senior year, served as graduation coordinator, hired adjunct faculty in the social sciences and taught the core seminar Urban Community. In 2004 he was called upon to provide Instructional Staff services for the development of courses at the School of New Resources Far Rockaway extension. Under his leadership, the enrollment at this location has quadrupled to 100 students.

Osborne received a bachelor's degree in Sociology from West Virginia State University and a master's degree in Urban Studies from Queens College.



Richard Fontenelle gazes at a photo of him and his family in a welfare office taken by Gordon Parks in 1968.

School of New Resources Pays Tribute to Gordon Parks

BY HERB BOYD

In a commemorative exhibit of Gordon Parks' photographs curated by his daughter Toni Parks, there is ample evidence that Parks was "God's photographer."

To give further credence to this accolade that was cited by Avery Brooks at Parks' funeral last March, about 200 of his faithful friends and admirers crowded into a gallery named after the "renaissance man" in November at The College of New Rochelle's John Cardinal O'Connor Campus in the South Bronx.

One of the surprises at the opening was the presence of Richard Fontenelle. His appearance created quite a buzz when it was discovered that his family was a subject of several photos on display. "I was three-and-half years old when Gordon took this photo," Fontenelle told a knot of attendees gazing at the large photo of his family in a welfare office in 1968.

"He met my mother and the rest of us in a supermarket and was taken by a mother leading her brood through the store," Fontenelle recalled. "Then, in a slow, meticulous manner that was his style, he got to know us and gradually began to shoot the photos you see here."

Many of the 45 photos ringing two rooms of the gallery were familiar to most of the folks—there was the classic image of the cleaning lady in the nation's capital that has all the semblance of "American Gothic." Nearby is the sweat-glossed face of a young Muhammad Ali. In the far distance, there's Red Jackson staring out of a window with a cigarette dangling from his lips. And then there's Parks' shot of a Black man emerging from a manhole.

"I know people throw the word 'genius' around quite a bit these days, but I use it very sparingly, and I reserve it for Gordon Parks," said noted cellist Kermit Moore, who often



At the opening reception of the exhibit in tribute to Gordon Parks are (from left): CNR President Stephen Sweeny, Toni Parks, SNR Dean Elza Dinwiddie-Boyd, and Joseph King, Director of the John Cardinal O'Connor Campus.

performed with Parks. "There was no way you could improve on any of his artistic endeavors."

Vocalist/drummer Grady Tate offered similar sentiments about Parks' prowess. "I never met anyone like him before," said Tate, who sang at Parks' funeral. "He combined great compassion with indulgence and genuine love for people. Like Kermit has said, I believe he was an absolute genius."

Parks' genius was exuded from every pore of his body, and his body of work, be it in music, film, literature or photography, always carried a mark that was uniquely his own. "You look at the array of photos here, and it takes your breath away," said Stephen Sweeny, president of The College of New Rochelle. He also had praise for Toni Parks, who assembled the photos and whose own photography was integrated into the exhibit.

Joining President Sweeny were such distinguished guests as Jean Young, Parks' ex-wife and executor of his estate; filmmaker Mitchell Donian; painter/photographer Adger Cowans; Joseph King, the gallery's campus director; and Elza Dinwiddie-Boyd, dean of the School of New Resources.

"I hope people remember the gallery in the same way they remember my father," said Toni Parks.

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Campus Profile: **CO-OP CITY CAMPUS**

The Co-op City Campus had its beginnings in 1973 in seven rooms at the Einstein Loop Community Center. Eight years later, growing enrollment led the College to expand to the "Yellow Schoolhouse," a one-time temporary pre-fab elementary school that had 12 classrooms and office space. In 1996, the Campus relocated once again, this time more than doubling its size with a completely renovated facility on Co-op City Boulevard, featuring computer classrooms, a photography studio and lab and an on-line reference library. To learn more about what makes the Co-op City Campus special, we spoke to Campus Director Dr. Kristine D'Onofrio Southard.

What makes the School of New Resources and its students special?

Because it serves the adult population within the metropolitan area, the School of New Resources has a plethora of strategies and systems in place to help adult learners accomplish the baccalaureate degree despite challenges and obstacles that are all too common for adults living in today's urban communities. Even as our students raise families, care for elderly parents and extended families, work many hours during different shifts, we are available with open doors to listen and help smooth obstacles and resolve challenges. Indeed, some of students cope with domestic violence issues, drug and alcohol rehabilitation and homelessness, but the School and Campus create relationships with students that let them know that we care and can support them through difficult times. We always say, "Education does not have to be the first thing to go when times get tough!" In fact, in these times, SNR rises to meet the challenges...it is what we do.

What do you feel is the most unique aspect of the Co-op City Campus?

The camaraderie of the staff and our very basic outlook that all students remain at the center of the learning model here makes us unique. Staff and students are connected, staff members are interested in students and students know this. With this basic guiding force, all administrative decisions are easy to make: just ponder how a situation handled best benefits the student. This camaraderie has led to an environ-



Campus Director Kristine D'Onofrio Southard talks to a student in the campus lobby.

ment that is community-minded. Our students know that their ideas, thoughts and creativity are respected and invited. As such, students feel comfortable here, make lifelong friends and realize that lifelong learning is possible. The aura of the campus is friendly, open, happy, and there is a deep sense of accomplishment amongst the students. How do we know? Because students tell us that the environment is positioned to foster learning successes and professional achievements. Our support systems, such as the Access Center or the Retention Program, each outline a course for success for the students. Availability is our "secret" if you will – there is always someone to talk to answer a question, or hear a complaint. Students gravitate to advisors because they can!

How many students are currently enrolled at Co-op?

There are approximately 650 to 700 students on campus each semester, and our summer semesters have become quite popular; when students are advised they are told about all kinds of learning options from accelerating the degree by attending summer sessions to registering for independent studies for schedule flexibility. Most students work full-time jobs and have children... a tall order. They generally live in the area and the outlying areas and travel both by public transportation and personal vehicles. We have a great parking facility right outside our doors! Our students tend to be very diligent and committed to completing the degree; they are very curious about graduate programs and enjoy how our advisement structures permit us to show



how the liberal arts degree translates to professional opportunities.

How have you seen the Campus/students change in your years as director?

This September I will be at Co-op four years. I know that the students know they are achieving a quality education that will allow them to have the competitive edge they need to get ahead. Adult learners are savvy consumers, and they bring that high expectation to the Campus everyday; we enjoy meeting their standards! Our enrollment has increased and our graduating classes have grown significantly; this lets me know that we are offering quality advisement, quality instructors in classrooms, quality communication and a quality administrative organization.

Are there any plans to introduce new facilities, programs, etc. in the coming year?

My main goal is to continue focusing on enrollment for the Campus to continue to grow and to continue thinking about ways to make the degree accessible for adult learners who have not found us yet. We offer a Fall and Spring Lecture that all the students attend, so that will be in the planning phases very soon. Course Development is a hot ticket here, as students lobby for courses to show up on future course schedules. We have many celebrations throughout the semesters. Our Students of Victory will meet once a month and prepare Christmas/Kwanza celebrations and Easter celebrations.



CO-OP CITY CAMPUS RECEIVES A GRANT FOR ESL COLLEGE ACCESS PROGRAM

In June, the School of New Resources Co-op City Campus became the grateful recipient of a \$10,000 grant from the Patrino Foundation to implement a new ESL (English as a Second Language) College Access Program for Hispanic women. The funds will be used for participant recruitment activities, intensive ESL instruction, educational supplies to augment those currently available, and program assessments for Hispanic women who reside near the campus at 755 Co-op City Boulevard. The program, which will serve one to two dozen Hispanic women free of charge, will take place during the 2006-2007 academic year.

"This grant will provide highly motivated Hispanic women with the opportunity to develop the English language skills and technological literacy they need to meet college entrance requirements and obtain better employment opportunities in the future," said Elza Dinwiddie-Boyd, Dean of SNR. "We believe that our partnership with the Patrino Foundation furthers our mutual commitment to creating new opportunities aimed at improving the lives of women and their families."

From the time of its founding in 1990 by Lorinda de Roulet, the Patrino Foundation has sought to promote the educational opportunities and advance scholarship by and about women. Today, the foundation has expanded its scope to include support of social programs and to improve the lives of girls and women.

"The Patrino Foundation is proud to be a part of this important new initiative. This program exemplifies what our Foundation is all about, serving the social and educational needs of women," said Mary Jo McLoughlin, Executive Director of the Patrino Foundation.

The Flesh Made Text: Perspectives on the Construction of the Latina Self

By Mireya Pérez-Bustillo, Ph.D.

Associate Professor of Modern Foreign Languages, School of Arts & Sciences

The depiction of the female body in 20th-century creative expression is the focus of writers such as Elena Poniatowska from Mexico, Julia Alvarez and Cristina Garcia from the United States and the Mexican-American Amalia Mesa-Bains, among others. Most at issue here is how Latina artists make the female body the site from which they construct, structure, grasp and know the world. The overriding concern in these works is the female body, be it from the personal point of view of the memoir and diary, or the socio-psychological and historical perspective of the novel or the visual work of art.

In Poniatowska's novels, *Dear Diego*, which centers on artist Angelina Beloff, the common-law wife of the painter Diego Rivera, and *Tinisima*, which traces the life of photographer Tina Modotti, the novelist empowers each of her protagonists by allocating to them center space. Using letters, diary entries, newspaper accounts, Poniatowska contests society's official body politics inviting the reader into the past, the body, the story of Angelina Beloff, and of Tina Modotti. Poniatowska puts her woman protagonist in control of the replication of her body and herself.

If ever an artist embodied herself in her paintings, it is Mexican artist Frida Kahlo, who painted over 55 self portraits that constitute one-third of her work. Though Kahlo brought an awareness of her internal life, emotions and pain to these depictions, only in her diary does she use visual images and written language to speak directly to us in an emotional interplay of action and words describing her thoughts, poems, dreams, letters to friends and her husband, Mexican painter Diego Rivera, and includes sketches and notes for her paintings. Kahlo's articulation of the self in her works, her enactment of pain through body images and her exploration of the feminine experience made her a powerful model for Latina visual artists such as the Cuban-born Ana Mendieta and for Amalia Mesa-Bains.

In Mendieta's body sculpture, she represents the history of separation and exile from her birthplace, Cuba, through a process of material excavation in which she fuses with the



Self Portrait by Frida Kahlo.

The overriding concern in these works is the female body, be it from the personal point of view of the memoir and diary, or the socio-psychological and historical perspective of the novel or the visual work of art.

earth, returning to the womb. Mendieta imprints her own body form directly on the earth in a great diversity of natural sites adding vegetation, fire, water, gunpowder, stones, flowers as the place requires, thus illustrating Mendieta's healing process to locate herself spiritually and spatially. The works evoke the regenerative cycle of birth, death, and rebirth, the repetitive ritual to overcome separation. Her body is the site for psychological and physiological processes and awareness, the locus where the physical and the spiritual meet to uncover the fundamentals of her existence as an individual.

Chicana artist Amalia Mesa Bains primarily reinterprets the traditional Chicano altars in a narrative, crisscrossing the personal and the collective by infusing with history everyday objects from peoples' lives. Family snapshots, medals of relatives lost at war, report cards and school diplomas share the space with particularly Mexican symbols such as *calaveras* (skulls) and *corazones* (hearts) to pay homage to ancestors and

other historical figures – resulting in dialogues and testimonies across time that serve as agents for transformation. Some of Mesa-Bain's altars honor figures of the feminine historical Mexican pantheon, such as "Altar for Dolores del Río" (1988) where she uses mirrors, perfume bottles, pearls, movie stills and information on the movie star's life to evoke Río's presence as the first Mexican actress to be recognized by Hollywood who then decided to return to the Mexican cinema.

For the writers and artists in this essay the past acts as a generating force, offering an open statement of continuity and new uncharted territories for women reclaiming a vision of wholeness, creating a new discourse of power of self definition. These writers and artists examine the construction of a self-image in the way the self presents itself, not as a harmonious entity but in bits and pieces, grounding their work in what is the most close element to the self, the body.

Many of the ideas expressed in this essay emerge from the research done by Dr. Pérez-Bustillo and Dr. Raysa Amador for their book The Female Body: Perspectives of Latin American Artists, Greenwood Press, 2002.



Joan Carson '43, beloved and gifted
Professor of English, imparting
wisdom, love of literature and joy
to CNR students for 36 years.
Scholar, wit, teacher, poet and CNR
Heritage Society member.

How Will You Be Remembered?

Few of us will actually change the course of history,
write a timeless symphony or cure a terrible disease, but
everyone has an opportunity to leave an imprint on the world
and make a difference in the lives of others.

By raising our children to be kind
and generous, helping people in
need, contributing time and effort
in community service and bringing
enjoyment to others through what-
ever talents and abilities we have,
we can all help make the world a
better place.

Every day, countless nonprofit
organizations address society's edu-
cational, cultural, social, economic,
health, humanitarian and spiritual
needs. By supporting their efforts
through estate-planned charitable
giving, we help to assure ourselves
– and future generations – of
better and more fulfilling lives.

Make a difference. Leave a legacy.

CNR Heritage Society

For information, please contact:
The Office of College Advancement
(800) 474-4232 / makeagift@cnr.edu

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STUDENT PROFILE



Emma Davis SNR'09

"I want college, I want a degree, all that and more! I constantly push myself to reach just a little higher than I think I can go. There's no sense in thinking about how hard it is. There's nothing to do but to do it."

"WHAT MAGAZINE ARE YOU SHOOTING THAT FOR?" A PASSERBY CALLED OUT. Emma Davis, tall, slender and beautiful, does indeed look like a model, and with the backdrop of East 149th Street, the photographer could have been doing a shoot for a top fashion magazine. But Emma is a model of a different kind. She is a model for adults who cannot read. Until 2003, Emma Davis also could not read.

"I had lost my job through down-sizing" she says, "but I wasn't worried at first," she said. "I had always been able to hide my inability to read and had found good jobs with decent money, but this time it was different. It was taking much longer, and I began to wonder what was going to happen to me."

Emma used many ruses to get through seminars that employers sent her to, having someone else fill out applications and memorizing the words and the answers so that she could fill them out as if she knew what she was doing. She carried large handbags that could hold a tape recorder, and she taped whatever she needed to remember. She never ate with the other participants, using meal times to review the tape, memorizing what other people could read.

After being unemployed for several months, Emma often found it difficult to sleep. Listening to the radio at 3 a.m. one morning, Emma heard about a program called Literacy Partners, which made it possible for non-reading adults to learn to read. "I was so excited, I couldn't wait for morning to sign up for this program. I just knew my life was going to be turned around."

Literacy Partners did make a huge difference in her life. She learned rapidly and was soon feeling so confident, she decided to set her sights on a college degree. After hearing Delphine Hill-

Smith, assistant to the director of the John Cardinal O'Connor Campus, do a presentation at Literacy Partners about the School of New Resources, in Fall 2005 Emma enrolled at the Campus. Now she teaches at Literacy Partners and loves helping others to learn basic skills.

Emma was raised near Florence, South Carolina, where her mother still lives. Her son Toby, 30, a former Marine, lives in California. She keeps in touch with them by phone, and often gets long-distance math tutoring from Toby. Emma recently told her story to NBC's *Today Show* host Matt Lauer, relating how she graduated high school with no reading skills. "It wasn't all the fault of the school system," she says. "I hated school. It was a terrible experience, and once out, I swore I would never go back."

Through her appearance on *Today* and fundraising galas for Literacy Partners, Emma has met many other celebrities, including Yoko Ono and former NYC mayor Ed Koch, of whom she asked "How am I doing?" (Koch's trademark quip). With a broad smile, Emma says, "I'm doing just fine."

Emma has come a long way, but she hopes to go much farther. "I teach what I learn," she says, "so I have to learn a lot! It's not fun to learn and be excited about education, and not share what you've learned."

"I want college, I want a degree, all that and more! I constantly push myself to reach just a little higher than I think I can go. There's no sense in thinking about how hard it is. There's nothing to do but to do it."

Smiling, Emma says, "I've adopted a saying from my pastor, Dr. Johnny McCann: 'Turn your GED into a Ph.D.' And that's exactly what I intend to do!"

— Judith Balfé

STUDENT PROFILE

LORNA HO-SANG LOOKS LIKE MOST PEOPLE'S IDEA OF A PERFECT NURSE, SMILING FACE AND KIND EYES. What Lorna may not look like, to most, is a veteran of two separate military conflicts. But this School of Nursing student served in Kuwait during Desert Storm and recently returned from a stint at Camp Bucca, near Um Quasar in Iraq. An Army Reservist, she enlisted as a private, and in 1993 she became a commissioned officer.

Born in Jamaica, Lorna has been a registered nurse for 13 of the 26 years she's lived in the United States. Her nursing career, as well as her education, has been a series of stops and starts. She started at CNR's School of Nursing in fall of 1995, stopped out in 1999, and returned to complete her degree in spring of 2005. However, once again she was forced to put her plans on hold when her Army Reserve Unit was called upon to serve in Iraq.

Having served in Kuwait in 1991, she wasn't exactly new to the stresses and challenges of leaving her family, job and school to serve her country, although leaving her two sons, Nicholas, 10, and Daniel, 19, and her fiancé, Christopher, was particularly difficult. Christopher, whom she met in the reserves and who also served in Desert Storm, took care of Lorna's sons while she was overseas.

Once in Iraq, Lorna served in a prison hospital, Camp Bucca, a long-term facility where prisoners [all male and from 17 to 60 years of age] awaiting trial were treated for many different reasons, some with injuries caused by the war, some with previously undiagnosed medical conditions, in a system which also contained Abu Graib.

"We had amputees, victims with multiple gunshot wounds, trauma and burns from IED's (Improvised Explosive Devices)," she says. "The language barrier was difficult, but we usually had translators. Many prisoners could speak English, but they didn't let you know. Others had trouble relating to females,

some didn't know their dates of birth and many came from abject poverty.

"The hardest thing was to learn to separate your feelings. Who is innocent? Who is not? But as a professional, you must put your own feelings aside and treat each patient as you would want your loved ones to be treated."

Other difficulties? "I got there in November, which is their winter," she said. "By April and May, the temperature could reach 138 degrees. It was like having a hair dryer blowing in your face. The night alarms were hard, and the sounds of rockets passing over the camp were often frightening."

When asked about the biggest difference between Desert Storm and Iraq, surprisingly, Lorna cites email as a very large improvement, as well as toll-free calls. "We didn't have those in Desert Storm."

Her arrival home was an event full of mixed feelings. She was overjoyed to be reunited with her sons and Christopher and happy to get back to her studies but sad to leave her friends in the service, especially her best friend who remained in Iraq.

"I love nursing, I love the military, and I love my family and friends," she says. Working at Our Lady of Mercy in the Bronx, going to school in New Rochelle and living in Maybrook, NY, she doesn't have a lot of free time, but when she does she likes to "spend it with the people I love."

Lorna one day hopes to be a nurse anesthetist and move to a warmer climate. In the near future, however, she is looking forward to receiving her degree in May and getting married in June. "Unless I get called back. If I have to go, I have to go."

But if all goes according to plan, June will find Lorna and Christopher enjoying their honeymoon. Though she doesn't know where, since "Christopher is planning a big surprise," for this lovely, hard-working woman, anywhere calm and quiet, far from sand storms, heat and the stresses of war, will be a welcomed change.

— Judith Balfe



Lorna Ho-Sang SN'07

"I love nursing, I love the military, and I love my family and friends," she says. "I work at Our Lady of Mercy in the Bronx, I go to school in New Rochelle, and I live in Maybrook, NY, so I spend a lot of time in transit. I don't have a lot of free time, but when I do have time, I like to spend it with the people I love."

New Trustees Appointed

Four new members of the Board of Trustees were appointed in July – Diana Stano, OSU, Anne Vitale, Marcelle Willock, and Stephanie Wilson, OSU.

The sixteenth president of Ursuline College, Sr. Diana Stano, Ph.D., has led Ursuline, the first chartered college for women in Ohio, since 1996. Active on numerous state, regional and national boards, she has served as president of the Ohio Association of Colleges of Teacher Education and the Ohio Confederation of Teacher Education Organizations and has

chaired the American Council of Education's Office of Women in Higher Education Commission. Sr. Diana has authored various articles and is the recipient of several awards, including the YWCA of Greater Cleveland Woman of Professional Excellence and Woman of Achievement awards.



Now beginning her third term as a member of the

CNR Board of Trustees, says Sr. Diana, "The College has an excellent academic reputation and does a wonderful service to the students it serves in all its schools." As a member of the Board, she hopes to "add my insights and experience in guiding the College into the future with a secure knowledge of its contribution to individuals as well as to society in general."

Anne Vitale, Esq., is president of Vitale AML Consultants, Inc., which advises financial institutions, law firms and government agencies on issues relating to money laundering, terrorist funding and compliance with regulations and best practices. Before beginning her own law practice in 2001, Vitale spent nine years as managing director in charge of litigation, investigations and global corporate anti-money laundering policy at Republic National Bank of New York. She also has served as Assistant United States Attorney for the Southern District of New York, where she was Deputy Chief of the Narcotics Unit and headed the Organized Crime Drug Enforcement Task Force. Vitale has testified before both houses of Congress as an expert in money laundering and has lectured and consulted throughout the country on the subject. In 2004, she was a member of a U.S. State Department sponsored Anti-Money Laundering Delegation to China.



A 1958 graduate of CNR, Marcelle Willock, M.D., currently volunteers as a faculty member at Boston University School of Medicine. Previously she served as dean of the College of Medicine at Charles R. Drew University in Los Angeles and as Associate Dean of the College of Medicine at David Geffen School of Medicine at

UCLA. Upon her retirement from Drew in 2005, Willock was presented with the Faculty Council Award in recognition of her "caring and stellar leadership of the academic process and programs," and an Outstanding Leadership in Medical Education award from David Geffen School of Medicine. She holds the distinction of being the first woman and minority to serve as President of the Society of Academic Anesthesiology Chairs. Willock was a member of the CNR Board of Trustees from 1977 to 1983.

Now working in the development office at The Ursuline School in New Rochelle, Sr. Stephanie Wilson's relationship with the College began at birth. A 1954 graduate of CNR, both Sr. Stephanie's mother, Mary Rooney Wilson, and sister, Jean Wilson Tharp, are also CNR graduates. Now beginning her third term on the College's Board, over the years, says Sr. Stephanie, she returned for reunion and "grew in appreciation of what CNR had given us as students and how in the interval it had changed in many ways, but not in the ministry of educating for life the students it served."



Sr. Stephanie's extensive career has included stints teaching at Ursuline schools in New Rochelle, Maryland, Delaware and the Bronx. She has also served within her Province as treasurer, as local superior and provincial councilor. For several years she served in Rome as general councilor and later was financial vice president at Bethlehem University in Palestine.

— Lenore Carpinelli

We Remember...



Dr. Elsa Kissel

One of the first faculty members to be recruited for the School of Nursing, Dr. Elsa Kissel, who passed away on July 6, 2006, brought to CNR and its students the benefit of her great experience – 26

years in nursing and several years teaching. In addition to her role as an associate professor, during her six years at the College, she also served as interim Dean of the School of Nursing. Upon her departure from the College in 1982 to pursue private practice counseling, her affection for the School was clearly evident. “I experience almost maternal satisfaction in seeing the School of Nursing become a reality,” she wrote in her letter of resignation. “It was exciting to be involved in [the School] from the first position paper to the graduation of our first class and accreditation.... Our students will be the humanitarian nurses we need so desperately, the nurses that will bring about the much needed changes in the health system. It was a privilege to be a part of their education and development.”

Mary Gerald Carroll, OSU

Reflecting on Sr. Mary Gerald Carroll's biography, without exaggeration, it can be said she lived “a life filled with music.” Holding both undergraduate and graduate degrees in music, Sr. Mary Gerald, who died on October 31, 2006 at the age of 93, came to The College of New Rochelle in 1936. For the next two decades, she passed her love of music onto legions of students, first as a member of the faculty and then as chair of the Music Department from 1956 to 1958. Having shaped the worship life of the College through her dedication to Gregorian chant, liturgical tones and harmony, and classical music, Sr. Mary Gerald also took great delight in later teaching and directing the choirs of The Ursuline School, the Ursuline Academy



on the Concourse and Holy Family Church of New Rochelle. We are grateful to God for the gift of this devoted Ursuline.

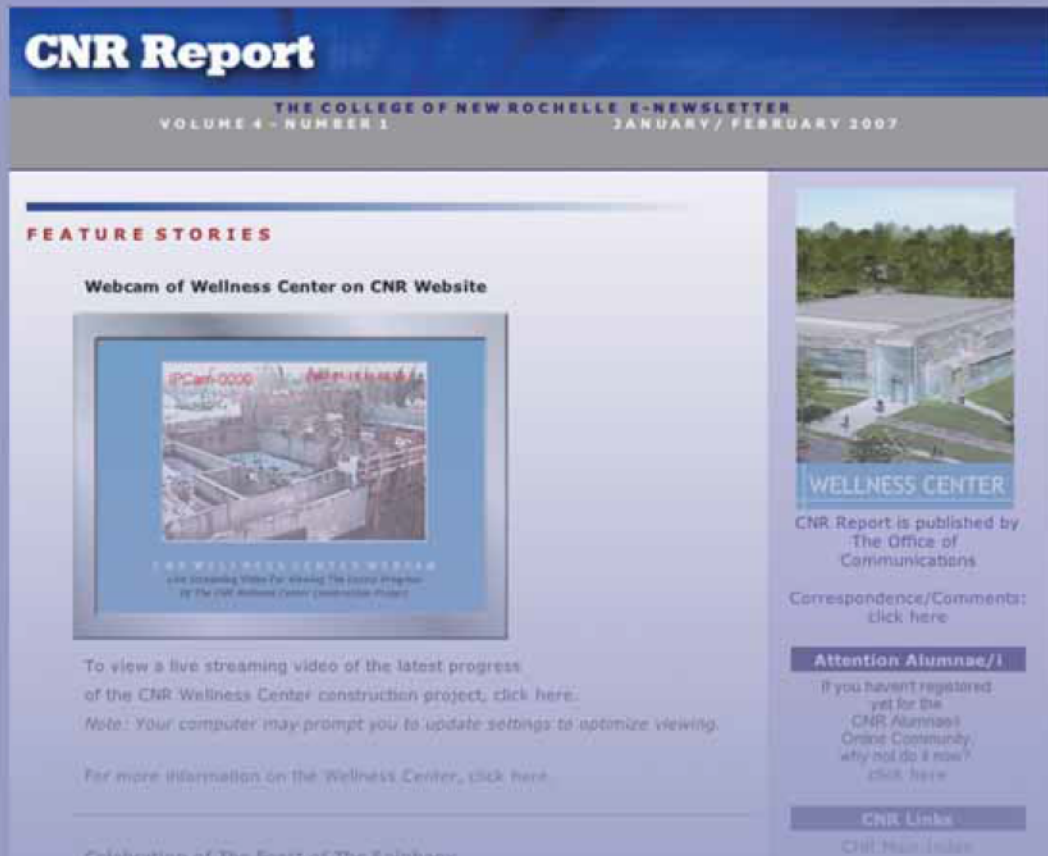


Rita Paolucci

In 1985, Rita Paolucci, who died on September 20, 2006, joined The College of New Rochelle as Payroll Coordinator. Earning degrees from the School of New Resources and the Graduate School during her years at CNR, Rita also taught in the QUEST program, the Graduate School's Saturday enrichment program for children. Recalls her colleague and friend Marie Rofhok, Director of the Mooney Center, “Rita was creative, efficient and sensitive to those around her, but most important to me, she was a very special person. I will miss her very much.” After retiring from the College in 1998, Rita made her home in Deerfield Beach, Florida.

May they rest in peace.

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